A TASTE OF NEW HAMPSHIRE

SECOND HELPINGS

Share the Cost of Living
Each one—Every one

A TASTE OF NEW HAMPSHIRE

SECOND HELPINGS

The American Cancer Society
New Hampshire Division, Inc.

About the Artists...

The cover painting is the work of a gifted artist, Helen Cushion, of Claremont, New Hampshire. She has been exposed to and engaged in creative art since she was a child. Her late husband, Delor, assisted her for many years in framing and shipping her art work to many other states and countries. She continues her creative concern as an artist.

Ba Rea is a freelance artist/illustrator living and working in central New Hampshire. She received her education from the Rhode Island School of Design and the University of Illinois, earning a B.S. in visual literacy from the latter. Her drawing styles range from Natural History renderings to portraiture and caricature to the whimsical cartoons in this publication. Her work has appeared in the New Hampshire Times, N.H. Profiles, Concord Monitor, N.H. Natural Resources, Audubon of N.H. Publications, Atlantic Monthly and on the T-shirts of thousands of people in the New England area.

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"Cookbooks of Distinction"™

Dedication

This collection of outstanding recipes is dedicated to all the volunteers throughout New Hampshire who make possible the work of the American Cancer Society. "A Taste of New Hampshire—Second Helpings" is especially dedicated to the memory of Mrs. Wynetta (Winnie) Harwood, longtime volunteer for the American Cancer Society, whose courage was an inspiration to all who knew her. Some of Winnie's recipes may be found on the following pages.

Acknowledgement

The New Hampshire Division is deeply indebted to Mrs. Henry (Lib) Andrews, State Cookbook Chairman, for her creativity and expertise in the development of "A Taste of New Hampshire—Second Helpings". She is truly one of New Hampshire's finest cooks. We also wish to thank the Unit cookbook chairmen, without whom this cookbook would not have been possible.

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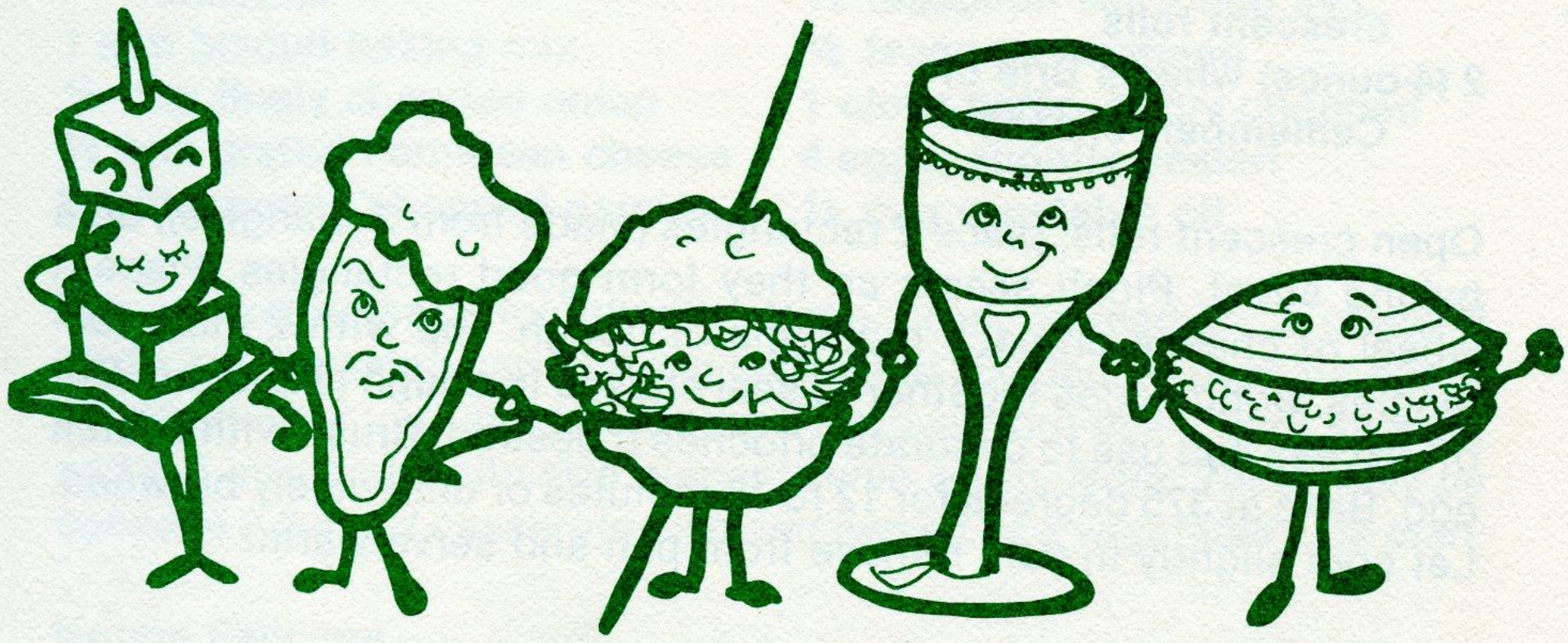


Appetizers

CHEESE BRIOCHE APPETIZERS

Preparation Time: 10 minutes
Cooking Time: 12 to 15 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

1 (8 count) package refrigerated crescent rolls
2 (4-ounce) wheels Brie or Camembert cheese
1 egg, beaten

Open crescent rolls; place 2 rectangles (made from 2 triangles), on a baking sheet. Pinch seams so they form good rectangles. Place a wheel of cheese on each rectangle of dough. Top with 2 more rectangles. Bring edges together to seal cheese in dough all around. Cut off excess and use to decorate brioches if desired. Brush with beaten egg. Bake at 375 degrees for 12 to 15 minutes or until nicely browned. Let cool slightly in pan; remove from pan and serve warm.

Mrs. Robert J. Selig (Joyce)
Belknap Unit (Laconia)

MAGIC CHEESE BALLS

Preparation Time: 15 minutes
Cooking Time: 12 to 14 minutes

Ease of Preparation: easy
Yield: 18 one-inch appetizers

1 cup shredded sharp Cheddar cheese
½ cup all-purpose flour
¼ cup margarine, softened
½ teaspoon dry mustard
½ teaspoon dill weed

Combine cheese and flour; blend in margarine and spices. Mix until it resembles pastry dough. Roll into 1-inch balls and place about 1-inch apart on ungreased baking sheet. Bake at 400 degrees for about 12 to 14 minutes. Serve hot. *Note: These freeze well and make a quick, impressive appetizer when friends drop in for a quick visit!*

Miriam Regan
Carroll North Unit (Intervale)

ZUCCHINI APPETIZER

Preparation Time: 15 minutes
Cooking Time: 25 to 30 minutes

Ease of Preparation: easy
Yield: varies

3 cups thinly sliced, unpared zucchini
1 cup biscuit baking mix
½ cup finely chopped onion
½ cup grated Parmesan cheese
2 tablespoons chopped parsley
½ teaspoon salt
½ teaspoon seasoned salt
½ teaspoon oregano
1 clove garlic, finely chopped
4 eggs, slightly beaten
½ cup vegetable oil

Mix all ingredients together in large bowl. Spread in a greased 13x9x2-inch baking pan. Bake in preheated 350 degree oven for about 30 minutes or until golden brown. Remove from oven, cool slightly, and cut into small bite-size pieces; serve warm. *Note: These may be baked in a 2-quart casserole dish and served as a vegetable side dish.*

Norma Faccone
Kearsarge Lake Sunapee Unit (New London)

SPINACH SQUARES

Preparation Time: 30 minutes
Cooking Time: 35 minutes

Ease of Preparation: easy
Yield: 60 to 90 squares

4 tablespoons butter or margarine
3 eggs
1 cup all-purpose flour
1 cup milk
1 teaspoon salt
1 teaspoon baking powder
1 pound shredded sharp Cheddar cheese
2 (10-ounce) packages frozen, chopped spinach, thawed and drained
2 tablespoons chopped onion

Preheat oven to 350 degrees. Place butter in a 13x9x2-inch baking pan and melt in oven. Remove and set aside. In a large mixing bowl, beat eggs well, then add flour, milk, salt, and baking powder; mix well. Stir in cheese, drained spinach and onion until mixed. Spoon into prepared baking pan and level off top. Bake at 350 degrees for 35 minutes. Remove from oven and cool in pan for 45 minutes until firm. Cut into bite-size squares (about 1-inch) before serving. *Note: Squares freeze well. To serve, defrost and reheat in 325 degree oven for 12 minutes. Serve hot.*

Patricia Anthopoulos
Grafton East Unit (Bristol)

COCKTAIL SHRIMP OR CRAB PUFFS

Preparation Time: 15 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 48 puffs

½ cup butter or margarine, softened
1 (5-ounce) jar sharp pasteurized processed cheese spread, softened
1 (7-ounce) can shrimp, or crab, drained
1½ teaspoons mayonnaise
½ teaspoon garlic salt
½ teaspoon seasoned salt
6 English muffins, split

Blend all ingredients (except muffins) in order listed. Spread over English muffin halves. Place on baking sheet and freeze (approximately 20 minutes). Remove from freezer and place muffins in a plastic bag and seal. Return to freezer until ready to use. Place frozen muffins in preheated 375 degree oven and bake until browned and bubbly. Cut each muffin into 4 wedges to serve. Serve hot.

Barbara DesJardins
Greater Portsmouth Unit (Rye)
Similar recipes submitted by: Virginia C. Filippone
Rockingham West Unit (Derry)
Sherri Buckman
Hillsborough North Unit (Windsor)

CHAFING DISH HOT DOGS

Preparation Time: 5 minutes
Cooking Time: 5 minutes

Ease of Preparation: easy
Yield: 8 to 10 servings

1 pint sour cream
2½ tablespoons prepared mustard
3 tablespoons chili sauce
½ teaspoon onion flakes
Dash of salt and pepper
1 pound cocktail frankfurters

Combine first 5 ingredients in small saucepan and place over medium heat. Heat, stirring, but *do not boil.* Bring franks to a boil in small amount of water in separate saucepan. Cook for about 5 minutes. Place cooked franks in chafing dish and pour heated sauce over all. Serve hot.

Mrs. Robert Burnell (Betty)
Rockingham West Unit (Atkinson)

SANDY'S SUPER MUSHROOMS

Preparation Time: 30 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 4 to 6 servings

12 large fresh mushrooms
1 tablespoon oil
2 to 3 tablespoons butter
3 tablespoons breadcrumbs
¼ cup grated Swiss cheese
¼ cup grated Parmesan cheese
Salt and pepper
3 tablespoons finely chopped onion
4 tablespoons chopped parsley
½ teaspoon tarragon
2 or 3 tablespoons half and half cream

Clean mushrooms well. Remove stems and chop. Heat butter and oil together in small skillet and sauté stems with onions over low heat for 6 to 8 minutes. Remove from heat; add breadcrumbs, cheeses, parsley, tarragon, salt, pepper and cream. Toss with fork to mix. Fill mushroom caps with stuffing mixture and place in a greased oven-proof baking dish. Top each mushroom with a small amount of grated Swiss cheese and a dot of butter. Bake at 375 degrees for 15 to 20 minutes. Serve hot. *Note: To freeze, place uncooked mushroom caps on a baking sheet, cover with foil and freeze until ready to bake.*

Kay Reed
Carroll North Unit (North Conway)

SALMON BALL

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: average
Yield: 10 to 12 servings

1 (16-ounce) can salmon
1 (8-ounce) package cream cheese, softened
1 tablespoon lemon juice
2 teaspoons grated onions (or flakes)
1 teaspoon white horseradish, optional
½ cup chopped pecans
3 tablespoons chopped parsley

Drain salmon, flake and remove bones. Place salmon, cream cheese, lemon juice, onion, horseradish and ¼ cup chopped pecans in small mixing bowl. Mix with electric mixer until smooth. Form into a ball and refrigerate overnight, tightly wrapped in plastic wrap. Before serving, roll ball in remaining pecans and parsley. Serve with crackers.

Mrs. Thomas Jennato (Marilyn)
Hillsborough North Unit (Manchester)

TWO CHEESE SPREAD

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 8 to 10 servings

1 (4-ounce) package blue cheese, crumbled
2 (3-ounce) packages cream cheese, softened
3 tablespoons mayonnaise
2 teaspoons Worcestershire sauce
1 teaspoon grated onion
Chopped fresh parsley

Soften cheeses and mash well with a fork. Add remaining ingredients, except parsley, and whip well with fork or electric mixer. Pile lightly into a serving bowl and garnish with parsley. *Note: This can be made a day or two in advance for flavor to ripen but do not garnish until serving time. Serve with crackers or use to stuff celery.*

Mrs. Charles Guest (Edna)
Sullivan Unit (Cornish)

Herbal "Salt" mixture can be sprinkled over foods to taste, in place of regular salt. To make one ounce, try 3 Tbsp. savory, 2 Tbsp. black peppercorns, 1 tsp. fennel seed, 1 tsp. ground ginger, ⅛ tsp. garlic powder. Whirl in a blender to desired fineness.

MOCK BOURSIN CHEESE SPREAD

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 to 8 servings

1 (8-ounce) tub unsalted whipped butter
2 (3-ounce) packages cream cheese, softened
2 cloves garlic
1 teaspoon oregano
¼ teaspoon thyme
¼ teaspoon marjoram
¼ teaspoon pepper
¼ teaspoon basil
¼ teaspoon dill
Salt to taste

Have butter and cheese at room temperature. Press garlic or mince fine. Add garlic and small amount of salt to cheese and butter in small bowl; mix to form a paste. Blend in herbs thoroughly. Place in covered container and refrigerate. May be frozen.

Mrs. Frank Hammond (Ann)
Kearsarge Lake Sunapee Unit (New London)

GRANITE STATE CHEESE SPREAD

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 20 to 25 appetizers

1 pound extra sharp Cheddar cheese, shredded
2 pounds pasteurized process cheese spread, softened
1 medium onion, chopped
2 (6-ounce) jars pimientos, chopped
2 dashes Worcestershire sauce
Salt and pepper to taste

Mix all ingredients well in small bowl (food processor helps!) until smooth enough to spread. Store in crocks or shape into logs or rolls. Use happily on crackers—in sandwiches—it melts!

Mrs. Richard Bourdon (Polly)
Sullivan Unit (Claremont)

One can make a good Fines Herbes mixture by combining ½ cup parsley, ½ cup chervil, ¼ cup chives, and a few tarragon leaves. This should be stored in a tightly closed container.

GREEN PEPPER DIP

Preparation Time: 15 minutes
Cooking Time: none

Ease of Preparation: average
Yield: 4 to 6 servings

1 onion
2 large green peppers
1 tablespoon lemon juice
1 tablespoon mayonnaise
Dash Worcestershire sauce
½ teaspoon garlic salt
1 (8-ounce) package cream cheese, softened

Grind green peppers and onion together; drain well. Combine remaining ingredients and mix well. Add ground green peppers and onion. Keep stored in refrigerator. Serve with vegetables, chips or crackers for dipping.

Barbara Toomire
Greater Portsmouth Unit (Portsmouth)

JAN'S VEGETABLE DIP

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 to 8 servings

1 (2¾-ounce) package dry vegetable soup mix
1 (10-ounce) package frozen chopped spinach
1 cup mayonnaise
1 cup sour cream
1 (8-ounce) can water chestnuts
2 teaspoons chopped scallions
Garlic salt
Salt and pepper

Thaw spinach; drain well and press out excess liquid. Drain and chop water chestnuts. Mix all ingredients and season with garlic salt, salt and pepper to taste. Chill and serve with crackers or rye rounds.

Janice K. Eberly
Kearsarge Lake Sunapee Unit (New London)

A few capers added to fish and meat sauces will make them especially delicious.

EASY VEGETABLE DIP

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 to 8 servings

1 cup mayonnaise
1 cup sour cream
1 tablespoon dry parsley
1 tablespoon grated onion
1 teaspoon seasoned salt
1 teaspoon dill weed
1 teaspoon curry powder

Mix all ingredients well in order listed. Cover and refrigerate at least 2 hours for flavors to blend. Serve with raw cauliflower, celery, mushrooms and carrot sticks for dippers. Be sure to use a good brand of mayonnaise.

Marjorie Oppold
Hillsbourough South Unit (Nashua)

GRETA'S CHIP DIP

Preparation Time: 15 minutes
Cooking Time: 5 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

2 tablespoons melted butter
2 tablespoons sugar
2 tablespoons vinegar
2 eggs
1 (8-ounce) package cream cheese
2 tablespoons chopped green peppers
2 tablespoons chopped onions

In a large saucepan, cream butter, sugar and vinegar. Add eggs, one at a time, beating well. Place over medium to low heat; cook until thickened, stirring constantly. Remove from heat and add cream cheese, peppers and onions. Cool before serving.

Greta Bennett
Grafton East Unit (Bristol)

There are endless variations of Bouquet Garni, but a good basic one would be; about 5 stalks of parsley, 2 sprigs of thyme, 2 sprigs of marjoram, and 1 bay leaf.

A bouquet garni for fish might include a dry fennel stalk, a twist of thin lemon peel, and a sprig of lemon thyme.

BLUSHING BOWL DIP

Preparation Time: 2 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 2 cups

1 package dry onion soup mix
1 pint sour cream
¾ cup chili sauce
1 to 2 teaspoons prepared horseradish
Dash of hot pepper sauce

Mix all ingredients in order listed in small bowl. Cover and refrigerate. Serve with chips or vegetable pieces of your choice.

Mrs. Valerie W. Pendegraph
Rockingham West Unit (Derry)

SUSIE'S SPREAD

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: dozens of servings

1 (18-ounce) jar apple jelly
1 (18-ounce) jar peach jam or preserves
1 (5-ounce) jar prepared horseradish
1 (1-ounce) can dry mustard
3 tablespoons cracked pepper

Blend all ingredients together in mixing bowl. Return to jelly jars. Chill at least 2 days before serving. To serve, spread over a block of cream cheese. Spread on crackers. *Note: This keeps a long time in the refrigerator. It is excellent to have on hand for unexpected guests and also makes a nice Christmas gift! Pour into small jars and tie on a ribbon with instructions attached.*

Kay Reed
Carroll North Unit (North Conway)

SWISS CHEESE ROUNDS

Preparation Time: 30 minutes
Cooking Time: 10 to 12 minutes

Ease of Preparation: easy
Yield: 30 rounds

1½ cups all-purpose flour
¾ cup butter or margarine, softened
½ teaspoon salt
⅛ teaspoon cayenne pepper
3 cups (¾ pound) shredded Swiss cheese
1 egg, slightly beaten

Preheat oven to 425 degrees. In large bowl, with hands, knead flour, butter, salt, cayenne and 2½ cups shredded cheese until well mixed. Shape dough into 1-inch balls. Place balls about 2 inches apart on 2 baking sheets. Flatten each into a ¼-inch thick round; lightly brush tops with egg and sprinkle with reserved cheese. Bake for 10 to 12 minutes until browned. Remove to wire rack to cool. May keep up to 3 days in cookie tins.

Anne Cooke Brewster
Greater Portsmouth Unit (Portsmouth)

SPINACH BALLS WITH MUSTARD SAUCE

Preparation Time: 30 minutes
Cooking Time: 15 to 20 minutes
Ease of Preparation: average
Yield: 40 or 50 balls

Spinach Balls:

2 (10-ounce) packages frozen chopped spinach, thawed and squeezed dry
2 cups herb stuffing mix, crushed
1 cup firmly packed shredded Parmesan cheese
½ cup butter, melted
4 small green onions, finely chopped
3 eggs, lightly beaten
Dash nutmeg

Combine all ingredients in a large mixing bowl; mix well. Shape into 1-inch balls. Cover and refrigerate or freeze until ready to bake. To bake, place on baking sheet in 375 degree oven and bake for 10 to 15 minutes or until lightly browned. Serve with Mustard Sauce.

Mustard Sauce:

¼ cup dry mustard
½ cup white vinegar
¼ cup sugar
1 egg yolk

Combine mustard and vinegar in small bowl; cover and let stand for 4 hours at room temperature. Mix sugar and egg yolk in small saucepan, stir in mustard/vinegar mixture and place over low heat. Cook, stirring constantly, until thick and smooth. Cover and chill before serving. Serve at room temperature.

Mrs. Aileen R. Byers
Strafford Unit (Durham)

Curry powder in mayonnaise is a good dip for fresh vegetables or beef fondue.

HOLIDAY EGGNOG

Preparation Time: 20 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 8 servings

6 eggs separated
¾ cup granulated sugar
1 pint heavy cream
1 quart milk (or more)
2 cups whiskey
½ cup rum
Nutmeg

Beat egg yolks with sugar in large mixing bowl until thick and lemon-colored. Add milk. Set aside. Beat egg whites separately until soft peaks form. Whip cream. Fold egg whites and whipped cream gently into egg yolks and milk. Stir in whiskey and rum. Chill thoroughly. Pour into punch bowl. Garnish with nutmeg before serving. *Note: for a shortcut, mix all ingredients, except nutmeg, in a large punch bowl in order listed. Chill and serve.*

Pamela Parsons Dube
Hillsborough North Unit (Bedford)

ORANGE PUNCH

Preparation Time: 5 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 25 to 30 servings

1 (46-ounce) can pineapple juice
1 (6-ounce) can frozen orange juice, thawed
1 pint orange sherbet
1 pint raspberry or lemon sherbet
2 quarts ginger ale or 1 quart ginger ale and 1 quart vodka

Mix juices and sherbet together in punch bowl; carefully stir in ginger ale and/or liquor. Serve immediately.

Mrs. Valerie W. Pendegraph
Rockingham West Unit (Derry)

SO, YOU WANT A PUNCH FAST

Preparation Time: minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 8 to 10 servings

1 quart cranberry juice cocktail
1 tray of ginger ale ice cubes with a stem cherry in each
1 orange, sliced in half-moons
1 lime, sliced in half-moons (optional)
1 (750 ml) bottle champagne or ginger ale or 50/50 for larger batches
4 dashes angostura bitters

Double it, triple it or whatever, this is an attractive, sophisticated punch that can be alcoholic or not! Have all your ingredients chilled well in advance (and ice cubes made). As your first guest pulls into the driveway, start mixing. Use a smallish bowl and mix frequently to insure bubbles. (Also, on a long evening go gradually heavier on the ginger ale and fish out any old fruit.) It won't be bad for breakfast, either, if you have switched to ginger ale only. The cherries in the ice cubes are great to fiddle around with if the party is a slow starter and the guests are a bunch of strangers to each other!

Pierre Bonneau
Cheshire Unit (Westmoreland)

RHUBARB COOLER

Preparation Time: 15 minutes
Cooking Time: 10 to 15 minutes

Ease of Preparation: easy
Yield: 10 to 12 servings

1 pound rhubarb, cut into pieces
¾ cup granulated sugar
4 cups water
⅔ cup orange juice
Ginger ale or club soda

Cook rhubarb, sugar and water together until rhubarb is soft and falls apart. Strain. Add orange juice and chill. To serve, pour a ½ cup serving into each glass and fill with ginger ale or club soda. *Note: this makes an appealing light pink drink. You may triple the recipe to serve more people.*

Mrs. Gordon R. Ayer (Barbara)
Sullivan Unit (Charlestown)

excellent

MELT-IN-YOUR-MOUTH BLUEBERRY CAKE

Preparation Time: 10 to 15 minutes
Cooking Time: 50 minutes

Ease of Preparation: average
Yield: 8 servings

2 eggs, separated
1 cup granulated sugar
½ cup shortening or margarine
¼ teaspoon salt
1 teaspoon vanilla extract
1½ cups sifted all-purpose flour
1 teaspoon baking powder
⅓ cup milk
1½ cups fresh blueberries

Using small bowl and electric mixer, beat 2 egg whites until soft peaks form; gradually add ¼ cup sugar, beating constantly until stiff. Set aside. Cream shortening; add salt and vanilla. Beat in remaining sugar gradually. Add egg yolks and beat until creamy. Sift flour with baking powder; add alternately to creamed mixture with milk, beginning and ending with flour. Fold in beaten egg whites. Toss blueberries with 1 tablespoon flour to coat. Fold into batter and turn into greased 8-inch cake pan. Sprinkle top with granulated sugar. Bake at 350 degrees for 50 minutes or until cake tests done. Place pan on wire rack to cool when removing from oven. *Note: Cake freezes well. The time taken to separate the eggs and beat the egg whites is well worth the effort. This extra step places the texture of this cake one step above any others I have tasted.*

Frances Sokul
Sullivan Unit (Newport)
Similar recipe submitted by: Anne F. Boy
Strafford Unit (Nottingham)

RUBY'S BLUEBERRY SAUCE

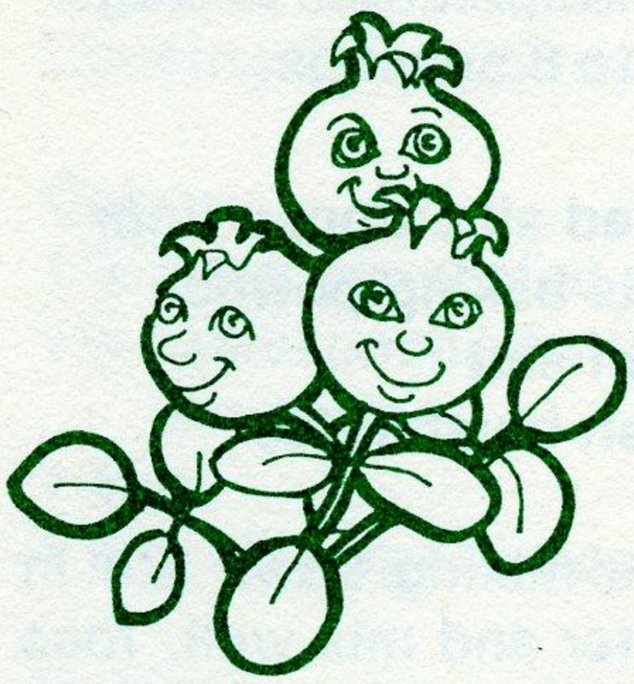
Preparation Time: 5 minutes
Cooking Time: 15 minutes

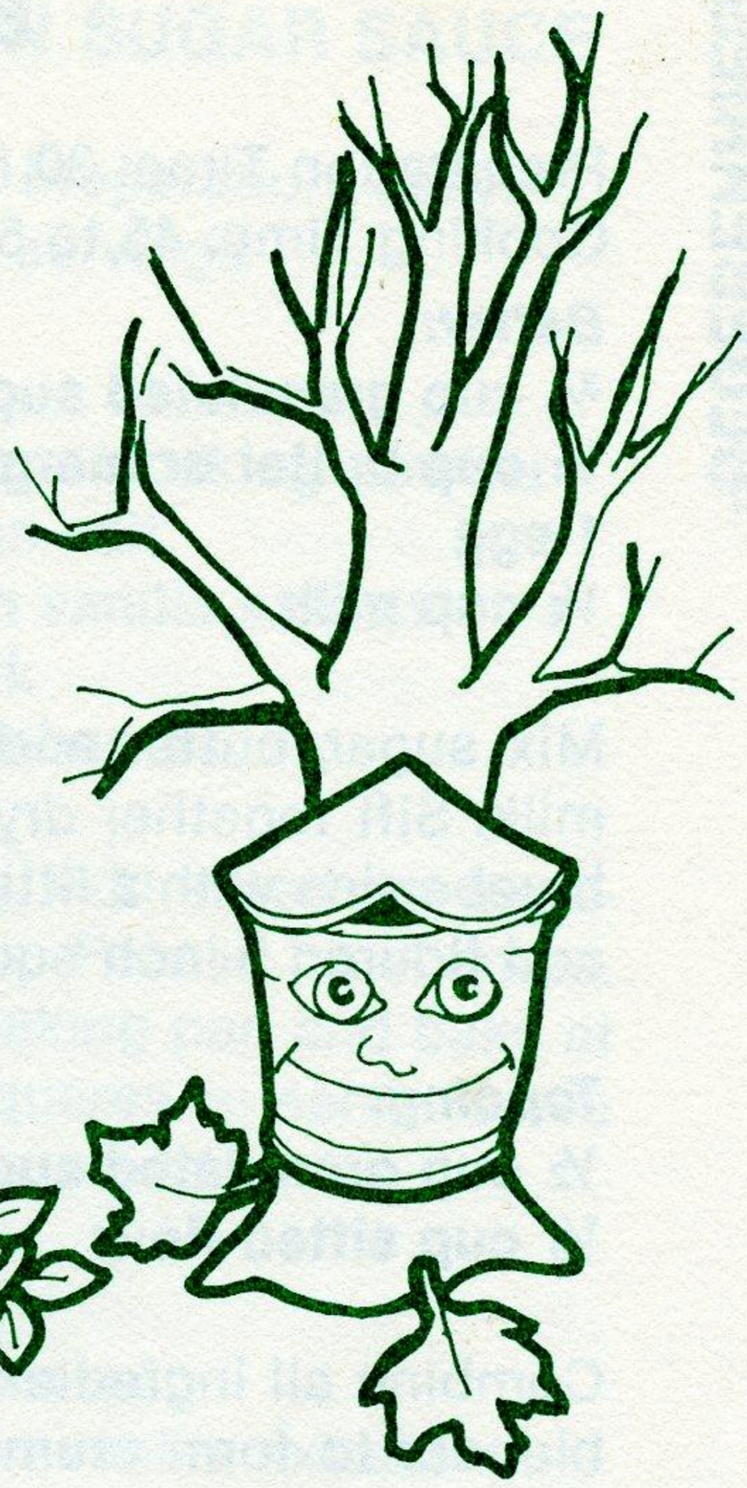
Ease of Preparation: easy
Yield: 4 to 6 servings

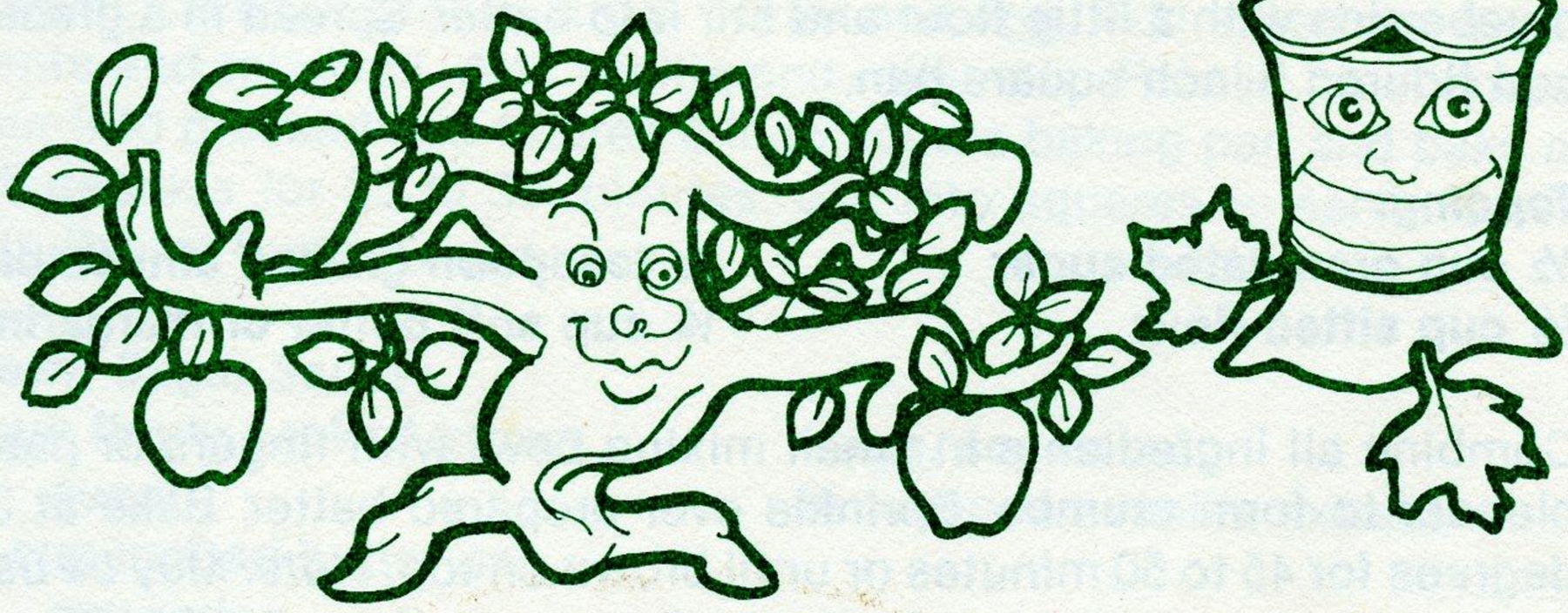
⅓ cup granulated sugar
1½ tablespoons flour
¼ teaspoon salt
¾ cup water
1 cup blueberries
1 tablespoon lemon juice
2 teaspoons butter

Mix sugar, flour and salt in saucepan. Add water and blueberries. Cook over low heat, stirring constantly, until thickened. Remove from heat and stir in lemon juice and butter. Serve warm over vanilla ice cream or pancakes.

Mrs. Richard Bourdon (Polly)
Sullivan Unit (Claremont)







Blueberries, Apples, & Maple Syrup Bars

BLUEBERRY BUCKLE

Preparation Time: 30 minutes
Cooking Time: 45 to 50 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

Batter:

¾ cup granulated sugar
¼ cup butter or margarine
1 egg
½ cup milk
2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
2 cups fresh blueberries

Mix sugar, butter and egg thoroughly in large mixing bowl. Stir in milk. Sift together dry ingredients, add to batter and mix well. Toss blueberries with a little flour and stir into batter. Spread in a greased and floured 9-inch square pan.

Topping:

½ cup granulated sugar
⅓ cup sifted flour
½ teaspoon ground cinnamon
¼ cup soft butter or margarine

Combine all ingredients in small mixing bowl with fingers or pastry blender to form crumbs. Sprinkle over prepared batter. Bake at 375 degrees for 45 to 50 minutes or until brown on top. *Note: May be used for breakfast or topped with whipped cream and served for dessert. Serve warm.*

Mrs. Thomas Jennato (Marilyn)
Hillsborough North Unit (Manchester)

BLUEBERRY POSSET

Preparation Time: 20 minutes
Cooking Time: 15 to 20 minutes

Ease of Preparation: easy
Yield: 6 servings

1 quart blueberries
2 cups water
1 cup granulated sugar
Butter or margarine
8 thin slices white bread
Whipped cream

Combine berries, water and sugar in saucepan. Bring to a boil and cook for 15 minutes, stirring occasionally. Butter bread slices. Place alternate layers of bread and blueberries in a deep, buttered baking dish. Bake at 350 degrees for 15 to 20 minutes. Cool and chill. Serve very cold with whipped cream.

Mary W. Ruell
Grafton East Unit (Ashland)

BLUEBERRY DELIGHT WITH BROWN SUGAR SAUCE

Preparation Time: 20 to 30 minutes
Cooking Time: 25 to 30 minutes
Ease of Preparation: easy
Yield: 8 servings

Cake:

1½ cups granulated sugar
1½ tablespoons butter or margarine
1 egg
1 cup all-purpose flour
1½ teaspoons baking powder
⅛ teaspoon salt
1 teaspoon vanilla extract
⅓ cup milk
¾ cup blueberries

In bowl, cream together sugar, butter and egg. Add sifted dry ingredients and mix well. Add vanilla and milk; mix. Fold in blueberries. Pour into greased and floured 8-inch square baking pan and bake at 375 degrees for 25 to 30 minutes. Cut into squares to serve. Serve with Brown Sugar Sauce.

Brown Sugar Sauce:

1 cup firmly packed brown sugar
½ cup melted butter or margarine
1 egg, separated
½ teaspoon vanilla extract

Mix brown sugar, melted butter, vanilla and egg yolk in small saucepan. Place over medium or low heat, stir thoroughly and keep warm but not hot. Beat egg white until stiff; fold into sauce just before serving. Serve over Blueberry Delight.

Florence Hamlin
Androscoggin Unit (Dummer)

Make your own vanilla by putting 2 or 3 cut and split vanilla beans in a jar containing 1 cup light rum. Cover and set jar in a warm, sunny place 2 to 3 weeks. Remove beans and use vanilla as needed.

BETTY'S BLUEBERRY DELIGHTS

Preparation Time: 15 minutes
Cooking Time: 30 to 35 minutes

Ease of Preparation: easy
Yield: 20 to 24 squares

1 cup granulated sugar
¼ cup butter or margarine, softened
1 egg, well-beaten
½ teaspoon cinnamon
½ teaspoon nutmeg
½ cup milk
1½ cups all-purpose flour
1½ teaspoons baking powder
¼ teaspoon salt
¾ cup walnuts, chopped
1½ cups sweetened canned (or fresh) blueberries, drained

In medium mixing bowl, cream sugar and butter, add egg and mix well. Stir cinnamon, nutmeg, milk, flour, baking powder and salt into the batter until well-blended. Gently stir in walnuts and drained blueberries. Grease a 13x9x2-inch baking pan and pour in mixture. Bake at 350 degrees for 30 to 35 minutes or until done. Let cool in pan; dust with powdered sugar and cut into squares to serve. Enjoy!

Mrs. Betty Maiola
Sullivan Unit (Newport)

BLUEBERRY CRISP

Preparation Time: 15 minutes
Cooking Time: 35 to 40 minutes

Ease of Preparation: easy
Yield: 8 to 10 servings

4 cups fresh blueberries
⅓ cup granulated sugar
2 teaspoons lemon juice
¼ cup butter or margarine
⅓ cup firmly packed brown sugar
⅓ cup all-purpose flour
¾ cup quick-cooking oatmeal

Pour blueberries into a greased 1½-quart shallow baking dish. Sprinkle with granulated sugar and lemon juice. Cream butter with brown sugar; gradually blend in flour and oats with a fork. Spread topping over blueberries. Bake at 375 degrees for 35 to 40 minutes. Serve with cream or ice cream.

Pearl Fysh
Androscoggin Unit (Berlin)

BLUEBERRY COFFEECAKE

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 12 servings

¾ cup granulated sugar
¼ cup melted butter
1 egg
¾ cup milk
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
2 cups blueberries

Combine sugar, butter, egg and milk. Sift flour with baking powder and salt; add to sugar mixture. Fold in blueberries (mixture will be stiff). Spread in a greased 9-inch baking pan. Top with following mixture:

½ cup granulated sugar
¼ cup all-purpose flour
¼ cup melted butter
1 teaspoon cinnamon

Bake at 375 degrees for 45 minutes or until done.

Pearl Fysh
Androscoggin Unit (Berlin)
Similar recipe submitted by: Anne F. Boy
Strafford Unit (Nottingham)

BEST EVER BLUEBERRY BREAD

Preparation Time: 30 minutes
Cooking Time: 35 to 40 minutes

Ease of Preparation: average
Yield: 1 loaf

2 eggs, separated
1 cup granulated sugar
2 tablespoons butter
1½ cups all-purpose flour
⅓ cup milk
1½ cups blueberries

Beat egg whites until stiff and set aside. Beat egg yolks in separate bowl. Cream butter and sugar together until well blended; add beaten egg yolks. Add flour alternately with milk. Fold in stiffly beaten egg whites. Toss blueberries with 1 tablespoon flour. Pour half of the batter into a greased 9x5x3-inch loaf pan. Cover with floured blueberries and then pour on remaining batter. Bake at 350 degrees for 35 to 40 minutes or until loaf tests done. Sprinkle with powdered sugar while still warm. Let bread cool before removing from pan.

Sandra S. Bonneau
Cheshire Unit (Westmoreland)

BEST OF BRUNCH BLUEBERRY MUFFINS

Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ease of Preparation: easy
Yield: 1 dozen

1 egg, beaten
2 tablespoons melted butter
1 cup milk
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¼ cup sugar
¾ cup blueberries
½ teaspoon vanilla extract

In large mixing bowl, blend beaten egg with melted butter, milk and vanilla. Sift flour, baking powder, salt and sugar and add to blended mixture. Gently stir in blueberries, folding batter with spoon. Spoon into lightly buttered muffin pans. Bake at 375 degrees for 25 minutes. Remove from pan after 5 minutes of cooling. *Note: Excellent keeping quality!*

Lily St. Hilaire
Carroll North Unit (North Conway)
Similar recipe submitted by: Gertrude Nowell
Twin Rivers Unit (West Franklin)

JORDAN MARSH MUFFINS

Preparation Time: 20 minutes
Cooking Time: 25 minutes

Ease of Preparation: easy
Yield: 1 dozen

½ cup soft butter
1¼ cups granulated sugar
2 eggs
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup milk
2½ cups blueberries
2 teaspoons sugar for tops

In small mixing bowl, cream butter and sugar at low speed. Add eggs one at a time; mix until blended. Sift dry ingredients together and add alternately with milk to creamed mixture. Stir in berries. Grease muffin pans, fill ⅔ full and sprinkle batter with sugar. Bake at 375 degrees for 20 to 25 minutes. Cool in pans 30 minutes. May use paper cups for lining pans. *Note: Cranberries may be substituted for blueberries but use only 1 cup. Use them whole.*

Ruth Stewart
Twin Rivers Unit (Hill)

ORANGE-BLUEBERRY MUFFINS

Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ease of Preparation: easy
Yield: 10 to 12 muffins

⅓ cup margarine or butter
⅔ cup granulated sugar
1 egg
1⅓ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
⅓ cup orange juice
1½ cups blueberries
Grated orange rind, optional

Cream butter and sugar together; add well-beaten egg. Sift dry ingredients together and add gradually to butter/sugar mixture (reserve about 1 tablespoon flour). Add orange juice and rind and beat well. Toss blueberries in reserved flour to coat and fold in gently. Fill paper lined cupcake pans about ½ full with batter. Bake at 350 degrees for 25 to 30 minutes.

Rena Pelletier, RN
Androscoggin Unit (Berlin)

BLUEBERRY SPICE CAKE

Preparation Time: 20 minutes
Cooking Time: 25 minutes

Ease of Preparation: easy
Yield: 12 servings

½ cup shortening
1 cup granulated sugar
2 eggs, separated
2 cups all-purpose flour
Pinch of salt
2 teaspoons baking powder
½ teaspoon nutmeg
½ teaspoon cinnamon
1 cup milk
2 cups blueberries

Cream shortening and sugar until light; add beaten egg yolks. Sift dry ingredients and add alternately with milk. Stir in blueberries. Beat egg whites until stiff but not dry and fold into batter. Turn into a greased 8-inch baking pan. Bake at 375 degrees for 25 minutes.

Grace Morcroft
Grafton East Unit (Ashland)

BLUEBERRY BOY CAKE

Preparation Time: 15 minutes
Cooking Time: 45 to 50 minutes

Ease of Preparation: easy
Yield: 10 to 12 servings

2 cups all-purpose flour
1½ cups granulated sugar
⅔ cup margarine
2 teaspoons baking powder
1 teaspoon salt
2 eggs, separated
1 cup milk
1 cup blueberries

Sift flour and sugar together. Cut in margarine with pastry blender or 2 knives until crumbs form the size of small peas. Measure ¾ cup of this mixture and set aside for topping. Add baking powder, salt, unbeaten egg yolks and milk to crumb mixture and mix well. Beat egg whites in separate bowl until stiff; fold thoroughly into batter. Spread into a greased and floured 13x9x2-inch baking pan and sprinkle blueberries over batter. Sprinkle with reserved crumb mixture for topping. Bake at 350 degrees for 40 to 50 minutes.

Marie Mailloux
Sullivan Unit (Claremont)
Similar recipe submitted by: Dorothy Swett
Twin Rivers Unit (West Franklin)

NANCY'S BLUEBERRY CAKE

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

2 eggs, separated
½ cup butter or margarine
¼ teaspoon salt
1 teaspoon vanilla extract
1 cup granulated sugar
1½ cups sifted all-purpose flour
1½ teaspoons baking powder
⅓ cup milk
1¼ to 1½ cups blueberries
Sugar and cinnamon for topping

Beat egg whites until soft peaks form; gradually beat in ¼ cup sugar and continue beating until stiff peaks form. Cream shortening with remaining sugar, add egg yolks, and then add flour and baking powder alternately with milk to this mixture. Fold in beaten egg whites gently, then fold in blueberries. Pour batter into a greased 9-inch baking pan and sprinkle with sugar/cinnamon mixture. Bake at 350 degrees for 40 to 50 minutes or until cake tests done.

Nancy Carbonneau
Androscoggin Unit (Milan)

CRUNCHY CRUST BLUEBERRY SWIRL PIE

Preparation Time: 12 minutes
Cooking Time: 12 to 15 minutes
Ease of Preparation: average
Yield: 6 to 8 servings

Crust:

½ cup butter or margarine
¾ cup all-purpose flour
½ cup rolled oats
½ cup chopped nuts
2 tablespoons sugar

In small saucepan, melt butter and then stir in the next 4 ingredients. Mix well and pat into a 9-inch pie plate. Bake at 400 degrees for 12 to 15 minutes or until golden brown. Set aside to cool.

Filling:

1 (3-ounce) package lemon flavored gelatin
½ cup boiling water
1 (21-ounce) can prepared blueberry pie filling
½ cup sour cream

Dissolve gelatin in boiling water. Stir in pie filling and place in refrigerator. Chill until thickened. Pour into cool, prepared pie crust. Spoon sour cream over filling by tablespoonsful. Cut through sour cream and lightly fold filling over, making swirls; chill. Serve with whipped cream if desired. Store in refrigerator. *Note: Very pretty and delicious!*

Mrs. Carroll Carleton (Bea)
Sullivan Unit (Claremont)

To measure honey or molasses, lightly grease the cup or spoon; otherwise, the measurement will be inaccurate because much of the honey or molasses will adhere to the utensil.

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NEW HAMPSHIRE WILD BLUEBERRY PIE

Preparation Time: 30 minutes
Cooking Time: 5 to 10 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

1 9-inch pie shell, baked and cooled
1 (3-ounce) package cream cheese, softened
1 pint largest and best whole blueberries
1 pint blueberries, mashed
1 cup granulated sugar
3 tablespoons cornstarch
Whipped cream, optional

Spread softened cream cheese over bottom of prepared pie crust. Pour pint of whole blueberries over cheese. Add enough water to remaining pint of mashed blueberries to make 1½ cups. Bring to a boil in saucepan; gradually stir in sugar and cornstarch which have been mixed together. Cook over low heat, stirring constantly, until boiling; boil for 1 minute. Remove from heat and cool. Pour cool mixture over blueberries in pie shell and chill for 2 hours. Serve with dollops of whipped cream, if desired.

Jane Burke, RN
Hillsborough South Unit (Merrimack)

BLUEBERRY-MARSHMALLOW PIE

Preparation Time: 30 minutes
Cooking Time: 8 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

1 prepared (9-inch) graham cracker crust
25 large marshmallows
½ cup milk
1 pint whipping cream
1 cup fresh blueberries

Melt marshmallows in top of double boiler (over hot water) with milk. Cool. Whip cream in a chilled bowl until it forms peaks; add marshmallow mixture. Fold in blueberries. Pour into baked, prepared pie crust and refrigerate. Chill at least 2 hours before serving. *Note: Strawberries may be used in place of blueberries if desired.*

Deborah Clark Batchelder
Grafton East Unit (North Woodstock)

FRESH BLUEBERRY PIE

Preparation Time: 20 minutes
Cooking Time: about 10 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

1 cup fresh blueberries
1 cup sugar
¾ cup water
3 tablespoons flour
¼ teaspoon salt
¼ cup water
3 cups fresh blueberries
1 baked (9-inch) pie shell

Place 1 cup blueberries, sugar and ¾ cup water in small saucepan and cook until berries burst. Make a paste of flour, salt, and ¼ cup water and add to saucepan. Stir and cook until thick. Pour 3 cups fresh blueberries, which have been washed and drained, into prepared pie crust. Top with sauce. Refrigerate at least 3 hours before serving.

Mrs. Frederic (Patricia) LaFontaine
Grafton East Unit (Plymouth)

BLUEBERRY DUMPLINGS

Preparation Time: 15 minutes
Cooking Time: 10 minutes

Ease of Preparation: easy
Yield: 6 servings

2½ cups fresh blueberries
⅓ cup granulated sugar
Dash of salt
1 tablespoon lemon juice
1 cup all-purpose flour
2 tablespoon sugar
2 teaspoons baking powder
¼ teaspoon salt
1 tablespoon butter
½ cup milk

Bring blueberries, sugar and salt to a boil in a large saucepan with tight-fitting lid. Cover and simmer for 5 minutes. Stir in lemon juice. Sift dry ingredients together and cut in butter until mixture resembles coarse meal. Add milk all at once; stir only until flour is dampened. Drop batter from tip of spoon into bubbling sauce, making 6 dumplings—don't let them overlap in pan. Cover tightly and continue cooking over low heat for 10 minutes without peeking. Serve immediately with vanilla ice cream or whipped cream.

Jeannette Morneau
Androscoggin Unit (Gorham)

BLUEBERRY PUDDING

Preparation Time: 25 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 to 8 servings

4 cups blueberries
Water to cover berries
1 cup granulated sugar
8 or 10 slices dry white bread
Soft butter

Place berries in a 2-quart saucepan and add water to barely cover. Bring to a boil and add sugar. Simmer for 15 minutes. Trim crusts off bread and butter each slice. Grease a 9x5x3-inch bread pan. Spoon a few cooked berries into pan, add slices of bread to cover and continue to alternate berries and bread slices until all are used, ending with berries. Press down firmly all over pudding so berries soak into the bread. Chill; cut into squares and serve with whipped cream.

Evelyn Ewing
Rockingham West Unit (Atkinson)

MUSEUM BLUEBERRY PUDDING

Preparation Time: 15 minutes
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 8 servings

2 cups blueberries
2 tablespoons lemon juice
¾ cup granulated sugar
3 tablespoons butter
½ cup milk
1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon salt

Mix blueberries and lemon juice. Spread into a buttered 8-inch square baking pan. In medium mixing bowl, cream sugar with butter; add milk. Sift together flour, baking powder and salt and add to batter; stir to mix. Spread over blueberries. Cover with topping.

Topping:
1 cup granulated sugar
⅛ teaspoon salt
1 tablespoon cornstarch
1 cup boiling water

Mix sugar with cornstarch and salt. Sprinkle over batter. Pour boiling water over top but *do not stir.* Bake at 375 degrees for 1 hour. Serve with whipped cream.

Elaine Perkins
Rockingham West Unit (Londonderry)

SWEDISH APPLE OR BLUEBERRY PIE

Preparation Time: 5 to 10 minutes
Cooking Time: 35 to 40 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

3 or 4 apples, peeled and sliced
***or* 2 cups blueberries**
2 tablespoons brown sugar
Sprinkle of cinnamon
1 cup granulated sugar
1 cup biscuit baking mix
½ cup melted butter

Place fruit in a 9-inch pie plate or quiche dish and sprinkle with brown sugar and cinnamon. Mix remaining ingredients in a small bowl and press over top of fruit. Bake at 350 degrees for 35 to 40 minutes.

Jean Simmons
Carroll North Unit (Glen)

CHEESY APPLE DIP

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 3 cups

2 cups cottage cheese
1 cup shredded sharp Cheddar cheese
2 ounces Roquefort Cheese, crumbled
3 tablespoons mayonnaise
2 tablespoons prepared horseradish
1 tablespoon prepared mustard
3 green onions, finely chopped
¼ teaspoon salt
⅛ teaspoon pepper
4 medium apples, sliced, for dipping

Drain cottage cheese in a sieve for 15 to 20 minutes before combining with remaining ingredients. In a medium bowl, combine drained cottage cheese, other cheeses, mayonnaise, horseradish, mustard, onions, salt and pepper, stirring to blend ingredients. Spoon into a medium serving bowl and refrigerate. Serve this 3-cheese dip with fresh sliced apples. Potato chips or crackers are also good with this dip.

Martha Marsette
Cheshire Unit (Keene)

SKIER'S SAUSAGE SURPRISE

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

1 pound link sausages
6 medium baking apples
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon cloves
1 tablespoon lemon juice
3 tablespoons brown sugar

Brown sausage and cut each link into halves. Drain well. Core, peel and quarter apples. Combine apples and sausages in casserole dish. Mix salt, pepper, cloves, lemon juice and brown sugar together in small bowl. Sprinkle over casserole. Cover and bake at 350 degrees for 45 minutes.

Miriam Regan
Carroll North Unit (Intervale)

CHOCOLATE APPLE CAKE

Preparation Time: 30 minutes
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 6 to 8 servings

8 apples
⅓ cup granulated sugar
½ teaspoon cinnamon
4 large eggs, separated
1 cup granulated sugar
2 tablespoons cocoa
1 teaspoon vanilla extract

Peel and core apples; cut up fine into bowl, mix with ⅓ cup sugar and cinnamon. Heat oven to 350 degrees. Grease a 9-inch spring form pan. Place apples in pan in heated oven for about 15 minutes or until partially cooked. While apples are in oven, put egg yolks in mixing bowl and beat until thick, gradually adding 1 cup sugar and cocoa. Stir in vanilla. Beat egg whites until stiff but not dry. Fold into egg yolk mixture. Pour over partially baked apples and continue baking at 350 degrees for about 45 minutes. Cool slightly before removing sides of pan. Cake will puff up and then settle. Leave on bottom of pan to serve. Serve with whipped cream if desired.

Blanche Neuhoff
Strafford Unit (Durham)

APPLE MUFFINS

Preparation Time: 10 minutes
Cooking Time: 25 to 30 minutes

Ease of Preparation: average
Yield: 10 to 12 minutes

2 cups peeled, chopped apples
¼ cup shortening
½ cup granulated sugar
1 egg
½ cup milk
½ teaspoon cinnamon
1 tablespoon baking powder
½ teaspoon salt
1½ cups all-purpose flour

Cream shortening and sugar; mix in egg, milk, cinnamon, baking powder, salt and flour. Fold in apples. Fill greased muffin pans ½ full and sprinkle with following topping. Bake at 350 degrees for 25 to 30 minutes.

Topping:
⅓ cup brown sugar
⅓ cup chopped walnuts
¼ teaspoon cinnamon

Mix together well in measuring cup; sprinkle over batter before baking.

Marie Mailloux
Sullivan Unit (Claremont)

APPLE MEATLOAF

Preparation Time: 15 minutes
Cooking Time: 1 hour, 15 minutes

Ease of Preparation: easy
Yield: 8 servings

2 tablespoons prepared mustard
1 large onion, minced
3 tablespoons prepared horseradish
¾ cup catsup
2½ pounds ground beef
3 eggs
2 cups chopped apples
1½ cups breadcrumbs
2 teaspoons salt
Pepper to taste

Combine all ingredients in order listed; mix thoroughly. Pack into a greased 9x5x3-inch loaf pan. Bake at 350 degrees for 1 hour and 15 minutes. *Note: May be frozen before or after baking.*

Janet Shirley
Twin Rivers Unit (Sanbornton)

FRESH APPLE CAKE

Preparation Time: 40 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

2 generous cups finely diced apples
1 cup granulated sugar
1 egg, beaten
¼ cup oil
1 cup all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
1 teaspoon vanilla extract

Put diced apples and sugar into large mixing bowl and let stand for 30 minutes, stirring once or twice. Mix beaten egg and oil together. Blend with apples and sugar and add dry ingredients; stir well. Add vanilla. Pour into a greased 8-inch square baking pan. Bake at 350 degrees for 40 to 45 minutes or until cake tests done. *Note: Delicious without frosting but if frosting is a must, a vanilla or lemon frosting is nice.*

Dorothy Swett
Twin Rivers Unit (West Franklin)

Variation: Gwen Newton of Grafton East Unit (Ashland) adds 1 teaspoon cinnamon and 1 cup raisins to above recipe.

APPLESAUCE CAKE

Preparation Time: 10 minutes
Cooking Time: 25 to 30 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

½ cup shortening
1 cup granulated sugar
Dash of salt
1½ cups flour
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
1 cup applesauce mixed with 1 teaspoon soda
1 cup raisins

Combine all ingredients in large mixing bowl in order listed and mix thoroughly. Pour into a greased and floured 9-inch baking pan and bake at 350 degrees for 25 to 30 minutes. Cool on cake rack. Frost with buttercream or cream cheese frosting when cool. *Note: To make applesauce, peel and core 4 or 5 apples and cut into small pieces. Cook until mushy. Do not add sugar. Refrigerate until used.*

Nancy Greenlaw
Southeastern Unit (Hampton)

OZARK PIE

Preparation Time: 20 minutes
Cooking Time: 30 minutes
Ease of Preparation: easy
Yield: 6 servings

1 egg, well beaten
⅔ cup granulated sugar
1 teaspoon vanilla extract
3 heaping tablespoons flour
1½ teaspoons baking powder
½ cup walnuts, chopped
2 cups diced apples (peeled and cored)
Dash of salt

Beat egg well; stir in next 4 ingredients. Add walnuts and apples and stir well. Pour into a greased 8-inch pie plate. Bake at 350 degrees for 30 minutes.

Judy Gessner
Sullivan Unit (Newport)

NANA'S GINGER APPLE PUDDING

Preparation Time: 25 minutes
Cooking Time: 40 to 60 minutes
Ease of Preparation: easy
Yield: 8 servings

Batter:

¼ cup butter or margarine
⅓ cup granulated sugar
½ cup molasses
1 egg, beaten
1½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon each ginger, nutmeg and cinnamon
¼ teaspoon cloves
¼ teaspoon salt
½ teaspoon vanilla extract

Cream butter with sugar; add egg and mix well. Stir in molasses alternately with sifted dry ingredients. Add vanilla. Add ½ cup boiling water just before pouring over filling. Mix thoroughly and pour over filling.

Filling:

9 or 10 apples, cut into eighths
½ cup granulated sugar
¼ cup water

Mix sugar thoroughly with apples: add water. Cook over low heat until apples are about half done. Pour into 2½-quart baking dish. Pour batter over top. Bake at 350 degrees for 50 to 60 minutes.

Mrs. Vincent Harding
Monadnock Unit (Hancock)

APPLE BARS

Preparation Time: 45 minutes
Cooking Time: 40 to 50 minutes

Ease of Preparation: average
Yield: 9 to 12 servings

1 cup sifted all-purpose flour
½ teaspoon salt
½ cup firmly packed brown sugar
1 cup oatmeal
½ cup butter
2½ cups sliced, peeled apples
¼ cup granulated sugar

Preheat oven to 350 degrees. Have all ingredients at room temperature. Sift flour and salt together; add brown sugar and oatmeal and mix well. Cut in ⅓ cup butter with pastry blender or 2 knives. (This mixture should be crumbly.) Spread half the mixture in a greased 8-inch square baking pan and press down firmly. Dot with 2 tablespoons butter. Put sliced apples over crumb mixture and sprinkle with ¼ cup sugar. Cover with remaining crumb mixture and press down firmly. Bake at 350 degrees for 40 to 50 minutes. Cut into bars and serve warm with a sauce or cold as a cookie.

Carmelle Paton
Sullivan Unit (Claremont)

APPLE CRISP

Preparation Time: 25 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 6 servings

5 or 6 peeled, sliced apples
¼ cup water
1 teaspoon cinnamon
¾ cup all-purpose flour
1 cup firmly packed brown sugar
½ cup margarine, softened

Arrange apples in deep, buttered 2-quart baking dish. Add water. Set aside. Blend cinnamon, flour, brown sugar and margarine with a fork until crumbly. Pat over apples. Bake at 350 degrees for about 30 minutes or until apples are tender and crust is brown. Serve warm with ice cream.

Beverley Knights
Strafford Unit (Rochester)
Similar recipes submitted by: Barbara Ayer
Sullivan Unit (Charlestown)
Beverley Lewis
Merrimack Unit (Bow)
Pauline Burley
Twin Rivers Unit (West Franklin)

FRESH APPLE COOKIES

Preparation Time: 1 hour
Cooking Time: 10 to 12 minutes

½ cup butter
1⅓ cups firmly packed brown sugar
1 egg
2½ cups all-purpose flour, sifted
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg

Ease of Preparation: average
Yield: 4 dozen

½ teaspoon allspice
¼ teaspoon cloves
¼ cup apple juice, pineapple juice, orange juice or milk
1 cup chopped, unpeeled raw apples
½ to 1 cup chopped walnuts or pecans
1 cup raisins

Cream butter and sugar and beat in egg. Sift dry ingredients together and add to creamed mixture along with juice or milk. Stir in apples, nuts and raisins. Drop dough from a teaspoon onto a buttered baking sheet, leaving about 1½-inches between cookies. Bake in a pre-heated 375 degree oven for 10 to 12 minutes or until light brown. Remove to rack to cool.

Dory Simones
Grafton East Unit (Plymouth)
Similar recipe submitted by: Nancy Carbonneau
Androscoggin Unit (Milan)

MAPLE-APPLE SWEETS

Preparation Time: 1½ hours
Cooking Time: 20 minutes

4 or 5 medium sweet potatoes, boiled in jackets
4 or 5 tart apples
1 cup maple syrup

Ease of Preparation: easy
Yield: 4 or 5 servings

2 tablespoons butter
Pinch of salt
Buttered bread crumbs, optional

While potatoes are boiling, pare and slice apples into syrup. Add butter and salt and cook gently until apples are tender. Peel potatoes and slice half into well-buttered baking dish. Spoon half the apple/syrup mixture over potatoes; repeat layers and top with bread crumbs. Bake at 400 degrees just until heated through.

Allison M. Amell
Strafford Unit (Durham)

MAPLE MINCEMEAT

Preparation Time: 20 to 30 minutes
Cooking Time: several hours

Ease of Preparation: average
Yield: enough for 12 pies

1½ quarts ground meat (your choice)
4½ quarts chopped peeled apples
1½ pounds raisins
1 quart water
10 teaspoons cinnamon
2 teaspoons pepper
2 teaspoons salt
8 teaspoons cloves
4 teaspoons nutmeg
1½ quarts maple syrup

Mix all ingredients together in large heavy pan or Dutch oven. Cook over very low heat until apples are very soft and mixture is quite thick. Stir often to prevent scortching or sticking. Freeze or can, as desired.

Margaret (Peg) Dyment
Twin Rivers Unit (Sanbornton)

MAPLE SYRUP CORNBREAD

Preparation Time: 15 minutes
Cooking Time: 20 to 25 minutes

Ease of Preparation: easy
Yield: 9 pieces

1 cup yellow cornmeal
1 cup whole wheat flour
¼ cup all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
1 egg, well beaten
½ cup maple syrup
¾ cup milk
3 tablespoons melted shortening
½ cup raisins

Mix first 5 ingredients well in small bowl. Add remaining ingredients; stir just to blend, but do not beat. Pour into well greased 9-inch square pan. Bake in preheated 400 degree oven for 20 to 25 minutes or until done.

Elizabeth (Betty) Weiant
Twin Rivers Unit (Sanbornton)

MAPLE SYRUP PIE

Preparation Time: 10 minutes
Cooking Time: 40 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

3 eggs, slightly beaten
1 cup pure maple syrup
½ cup firmly packed brown or granulated sugar
2 tablespoons butter or margarine, melted
2 tablespoons all-purpose flour
1 teaspoon vanilla extract
½ cup chopped walnuts or pecans
1 (8-inch) pastry shell, prepared but unbaked

Mix eggs, syrup, sugar, butter, flour and vanilla together in large mixing bowl; beat with rotary beater. Stir in nuts. Pour into prepared pastry shell and bake at 350 degrees for about 40 minutes. Cool. Serve with whipped cream, if desired.

Mary W. Ruell
Grafton East Unit (Ashland)
Similar recipe submitted by: Eleanor Champagne
Sullivan Unit (Claremont)

MAPLE SYRUP MERINGUE PIE

Preparation Time: 10 to 15 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

1 cup pure maple syrup
1 cup hot water
1 teaspoon butter
2 tablespoons cornstarch
⅛ teaspoon salt
2 eggs, separated
1 tablespoon maple syrup
1 (8-inch) baked pastry shell

Combine 1 cup syrup, hot water and butter in medium saucepan. Bring to a full boil. Mix cornstarch with salt and enough cold water to make a thin paste. Add egg yolks to paste and beat well. Add to hot syrup mixture gradually and return to heat. Cook until thickened, stirring constantly. Pour into prepared pie shell. Beat egg whites until stiff, slowly adding 1 tablespoon syrup. Pile lightly on pie and brown in hot (400 degree) oven. Sprinkle with chopped nuts to decorate, if desired.

Jeannette Morneau
Androscoggin Unit (Gorham)

MAPLE NUT SALAD

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 4 to 6 servings

1½ cups drained crushed pineapple
2 (3-ounce) packages cream cheese, softened
½ cup chopped dates
¼ cup maple syrup
1 cup heavy cream, whipped
½ cup chopped nuts

Combine cream cheese and pineapple until smooth in small mixing bowl; beat in dates; syrup and nuts. Fold in whipped cream last. Pour into serving dish and refrigerate until serving time.

Bertha Swett
Twin Rivers Unit (West Franklin)

MAPLE GLAZED APPLE PIE

Preparation Time: 20 minutes
Cooking Time: 35 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

Pastry for a 2-crust pie
6 cups sliced and peeled apples
½ cup granulated sugar
¼ cup firmly packed brown sugar
½ cup crushed gingersnaps
½ teaspoon cinnamon
¼ teaspoon salt
½ cup chopped walnuts
¼ cup melted butter
¼ cup maple syrup

Arrange half the apples in a pastry-lined 9-inch pie pan. Combine remaining ingredients except syrup; mix well. Spread half this crumb mixture over apples. Repeat layers of apples and crumbs. Place top crust over pie and flute edges; cut vents in top. Bake at 350 degrees for 35 minutes. Heat maple syrup to boiling; brush over top of pie and return to oven for 15 minutes longer. Cool before cutting.

Bertha Swett
Twin Rivers Unit (West Franklin)

MAPLE SHORTBREAD BARS

Preparation Time: 30 minutes
Cooking Time: 25 minutes

Ease of Preparation: average
Yield: 10 servings

1¼ cups all-purpose flour
¼ cup granulated sugar
½ cup butter or margarine
⅔ cup maple syrup
1⅓ cups coconut

Continued

Sift flour and sugar together; cut in butter with pastry blender or 2 knives. Press into an 8-inch square pan. Bake at 350 degrees for 12 to 15 minutes. Combine syrup and coconut in saucepan and cook until coconut absorbs most of the syrup, about 6 to 8 minutes. Spread mixture over warm crust. Cool and cut into bars.

Bertha Swett
Twin Rivers Unit (West Franklin)

FROZEN MAPLE MOUSSE

Preparation Time: 15 minutes
Cooking Time: 5 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

4 eggs, separated
2 cups heavy cream, whipped
1 cup maple syrup

Beat egg yolks with maple syrup in saucepan, place over medium heat and bring to a boil, stirring constantly. Cool. Beat egg whites until stiff. Fold into cooled egg/syrup mixture along with heavy cream. Pour into freezer proof soufflé dish and freeze. Serve from dish.

Emily Bristol
Kearsarge Lake Sunapee Unit (New London)

BAKED BEANS WITH MAPLE SYRUP

Preparation Time: 20 minutes
Cooking Time: 6 to 8 hours

Ease of Preparation: easy
Yield: 8 or 10 servings

1 teaspoon baking soda
2 pounds dry beans (yellow eye or soldier)
1 teaspoon ginger
1 teaspoon dry mustard
1 teaspoon salt
¾ cup maple syrup
¾ cup sugar (white or brown)
¼ pound salt pork

Soak beans overnight, drain and cover with fresh water. Bring to a boil with soda and boil until you can burst the skins by blowing on them. Drain and rinse. Place beans in a large beanpot; add ginger, mustard and salt. Stir in maple syrup and sugar. Cover with water and top with salt pork. Bake in a 300 degree oven all day. Add water as necessary. Do not let beans boil dry.

Eleanor Shadis
Sullivan Unit (Newport)

MAPLE SANDWICH COOKIES

Preparation Time: 30 minutes
Cooking Time: 8 minutes

Ease of Preparation: average
Yield: 24 to 30 cookies

½ cup shortening
1 cup firmly packed brown sugar
2 eggs, beaten
6 tablespoons maple syrup
2½ to 3 cups all-purpose flour
2 teaspoons baking soda
¼ teaspoon salt

In a large bowl, cream shortening and sugar until light and fluffy. Add well-beaten eggs and mix well. Stir in flour, salt and soda. Mix well. Cover tightly. Place dough in refrigerator for at least 2 hours. Roll very thin on floured board and cut with round cookie cutter. Place on baking sheet and bake at 350 degrees for about 8 minutes. Cover half the cookies with jam or jelly; add another cookie to form a sandwich.

Gertrude Garneau
Belknap Unit (Laconia)

MAPLE SYRUP OATMEAL COOKIES

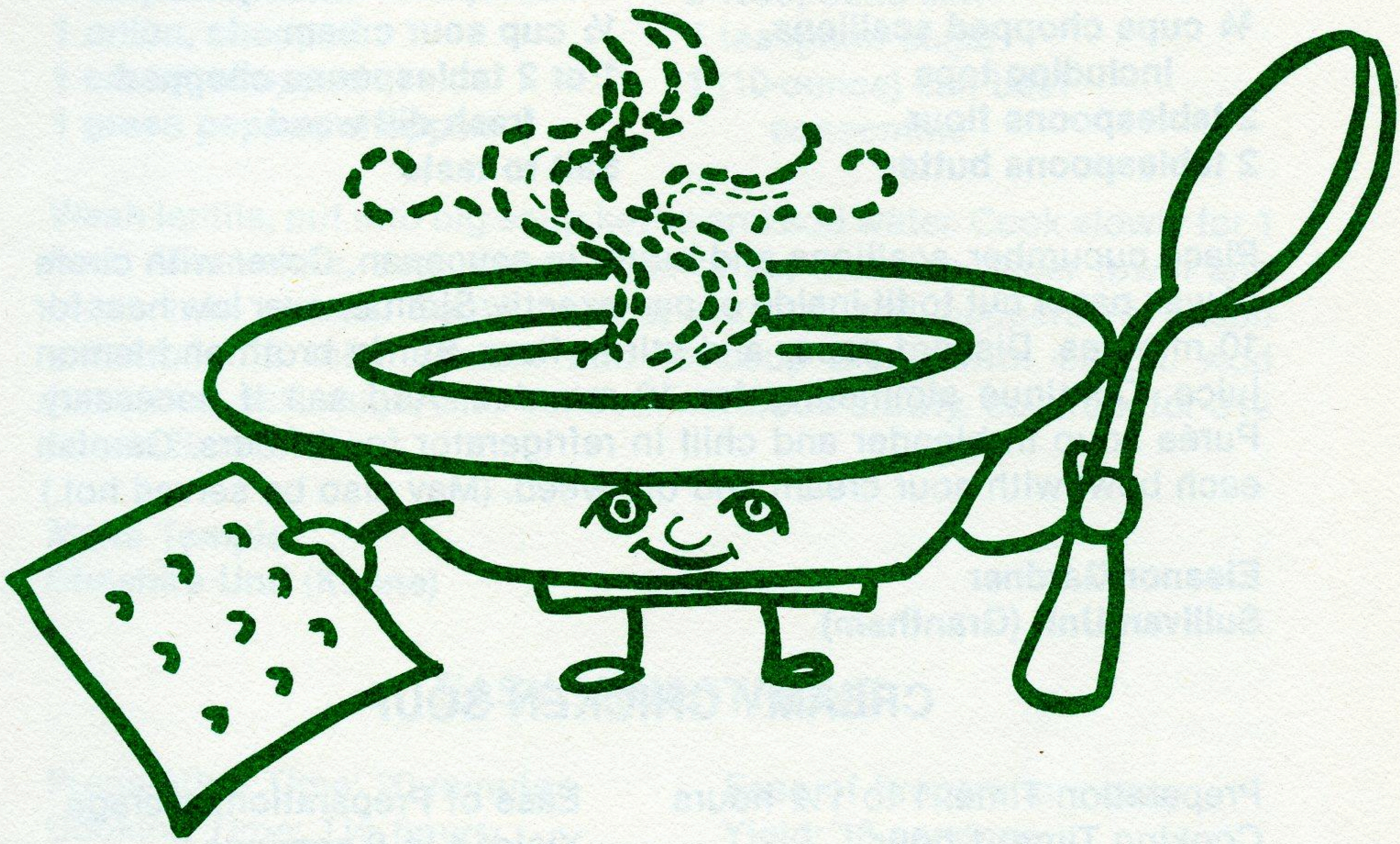
Preparation Time: 20 minutes
+ about 3 hours chilling time
Cooking Time: 12 to 15 minutes

Ease of Preparation: average
Yield: 3½ dozen cookies

1 cup margarine
2 tablespoons water
2 tablespoons maple syrup
2½ cups quick-cooking oats
1 cup all-purpose flour
1 cup granulated sugar
1 teaspoon baking powder
½ teaspoon baking soda
Sugar for rolling

Using a small saucepan, melt margarine with water, then add maple syrup. Remove from heat. In a large mixing bowl, place sugar, flour, oats, baking powder and baking soda. Mix well; pour in mixture from saucepan and stir until dry ingredients are moistened. Chill in refrigerator at least 3 hours. Shape into 1-inch balls; roll in sugar and place on ungreased baking sheet. Flatten each cookie slightly. Bake at 350 degrees for 12 to 15 minutes.

Irene Reissman
Rockingham West Unit (Salem)



Soups

CUCUMBER SOUP

Preparation Time: 30 minutes,
+ 4 hours chilling
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 6 servings

3 cups cucumber, peeled and diced
¾ cups chopped scallions, including tops
2 tablespoons flour
2 tablespoons butter
4 cups chicken broth
1 tablespoon lemon juice
½ cup sour cream
1 or 2 tablespoons chopped fresh dill weed
Salt to taste

Place cucumber, scallions and butter in saucepan. Cover with circle of wax paper cut to fit inside of pan exactly. Simmer over low heat for 10 minutes. Discard paper and stir in flour. Stir in broth and lemon juice. Continue simmering for 10 minutes. Add salt if necessary. Purée soup in blender and chill in refrigerator for 4 hours. Garnish each bowl with sour cream and dill weed. (May also be served hot.)

Eleanor Gardner
Sullivan Unit (Grantham)

CREAMY CHICKEN SOUP

Preparation Time: 1 to 1½ hours
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 4 to 6 servings

1 (2½ pound) chicken, cut up
1 large onion, quartered
1 large carrot, halved
2 tablespoons minced parsley
1 large stalk celery, quartered
4 cups hot water
1 tablespoon salt
1 large bay leaf
½ teaspoon pepper
½ cup long grain rice

Day before serving: Simmer all ingredients, except rice, in large soup pot, covered, for 40 minutes or until chicken is fork-tender. Remove chicken from broth; discard bay leaf. Add rice and cook for 20 minutes or until rice is done. Meanwhile, skin and bone chicken and cut into bite-size pieces. Purée vegetables in blender with ¼ cup stock until smooth. Return chicken and puréed vegetables to soup pot. Cover and refrigerate. Skim fat from surface of soup and heat to serve boiling hot. *Note: I usually store chicken and puréed vegetables in refrigerator separately from broth. That way, it is easier to skim off fat.*

Mary Jane Smith
Kearsarge Lake Sunapee Unit (New London)

LENTIL SOUP

Preparation Time: 30 minutes
Cooking Time: 4½ hours

Ease of Preparation: easy
Yield: 6 servings

1¼ cups lentils
6 cups water
4 strips bacon
1 onion, chopped
1 carrot, chopped
1 green pepper, chopped
1 (16-ounce) can Italian tomatoes
2 teaspoons salt
1 teaspoon sugar
1 (10-ounce) can beef consommé

Wash lentils, put into big soup kettle and add water. Cook slowly for 1 hour. Meanwhile, cook bacon until crisp; drain on paper towel and break into pieces. Sauté onions, carrots, and peppers in bacon grease for 5 minutes and add to soup along with bacon. Add tomatoes, salt, sugar and consommé. Cook slowly, covered, for 3½ hours. Serve hot.

Maria Temple
Cheshire Unit (Keene)

EASY MINESTRONE

Preparation Time: 20 minutes
Cooking Time: 1½ hours

Ease of Preparation: easy
Yield: 16 servings

1 (8-ounce) can spaghetti sauce
8 cups water
1 (7-ounce) vegetable cocktail juice
1 envelope vegetable soup mix
1 cup sliced carrots
1 cup sliced celery
1 cup sliced broccoli, corn or beans
1 can kidney beans (20-ounce)
1 (20-ounce) can chick peas
½ teaspoon oregano
1 cup noodles (shells, macaroni or spirals)
Grated Parmesan cheese

Empty spaghetti sauce into large soup pot; add water, juice, soup mix, carrots, celery and other vegetables. Stir well. Add oregano, Bring to a boil and simmer for 1 hour. Add raw noodles and cook until tender (15 to 20 minutes). Serve with Parmesan cheese. *Note: This soup improves with age—if you plan to make it a day ahead, add noodles when it is reheated the day you serve it.*

Joyce Selig
Belknap Unit (Laconia)

ROYAL SOUP

Preparation Time: 15 minutes
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 6 servings

3 tablespoons margarine or butter
1 small onion, chopped
¾ cup finely diced carrots
5 tablespoons flour
⅛ teaspoon cayenne peper
5 beef bouillon cubes or envelopes
5½ cups water
Snipped parsley

In large saucepan, melt margarine. Sauté onions and carrots until golden brown. Add flour, cayenne pepper and bouillon cubes. Add water and bring to a boil, stirring constantly. Simmer, partially covered, for 15 minutes while making meatballs.

Meatballs:

1 pound ground chuck
¼ cup snipped parsley
2 teaspoons seasoned salt
¼ cup breadcrumbs
1 egg
½ (10-ounce) package frozen peas, thawed

Combine chuck, parsley, salt, breadcrumbs and egg. Shape into about 25 meatballs. Broil in oven on baking sheet. Add to soup along with peas and simmer for 5 minutes. Serve as main dish, sprinkled with parsley.

Mrs. Robert M. Love (Diana)
Sullivan Unit (Claremont)

BROCCOLI SOUP

Preparation Time: 25 to 30 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 8 servings

2 (10-ounce) packages frozen broccoli, thawed
2 (10½-ounce) cans cream of mushroom soup
2 soup cans milk
½ cup dry white wine
4 tablespoons butter
½ teaspoon tarragon
Dash of pepper

Cook broccoli according to package directions. Stir into remaining ingredients and heat until bubbly. Serve immediately. Store in refrigerator.

Elizabeth Vrees
Southeastern Unit (Stratham)

FRENCH ONION SOUP

Preparation Time: 1 hour
Cooking Time: 50 minutes

Ease of Preparation: average
Yield: 6 servings

⅓ cup bacon drippings
5 cups thinly sliced onions
2 tablespoons flour
3 (10½-ounce) cans beef consommé
2 cans water
½ teaspoon salt
¼ teaspoon pepper
¼ cup sherry
6 slices French bread, 1-inch thick, toasted
6 thin slices Gruyére or Swiss cheese
¼ cup grated Parmesan cheese

In a 5-quart saucepan or Dutch oven, heat bacon drippings and sauté onions over low heat until golden brown. (Takes about 20 minutes.) Stir in flour. Cook, stirring, to brown flour slightly; gradually add stock and water, stirring constantly. Add salt and pepper. Cook, covered, over low heat for 30 minutes. Add sherry, taste and adjust seasonings. In 6 heat-proof bowls, place a slice of toast; cover each with a slice of cheese. Pour soup over top. Sprinkle each with Parmesan cheese and run under broiler just to melt cheese. Serve immediately.

Ann Dewar Vose
Hillsborough South Unit (Nashua)

CHEESE SOUP

Preparation Time: 15 to 20 minutes
Cooking Time: 15 minutes

Ease of Preparation: average
Yield: 4 to 6 servings

½ cup butter or margarine
6 tablespoons flour
1 quart rich milk
1 package process American cheese, shredded
½ cup chopped celery
½ cup chopped green pepper
½ cup chopped carrot
½ cup chopped onion
2 cups chicken broth

Melt 6 tablespoons margarine or butter; add flour and blend well. Pour in milk gradually, stirring constantly. Bring to a boil, add cheese and remove from heat. Stir to melt cheese and keep warm. Melt remaining butter in another pan. Add celery, peppers, onions, and carrot. Sauté until tender and stir in broth. Mix well. Stir into cheese mixture. Reheat in top of double boiler.

Mrs. Ruth A. Smith
Grafton East Unit (Bristol)

ORANGE PINEAPPLE BAVARIAN

Preparation Time: 30 minutes
Cooling in refrigerator required

Ease of Preparation: easy
Yield: 10 servings

1 (16-ounce) can crushed pineapple
3 tablespoons sugar
1 (3-ounce) package orange flavored gelatin
⅛ teaspoon salt
1 cup boiling water
2 cups prepared non-dairy whipped topping

Drain pineapple and measure juice into cup. Add water, if necessary, to make 1 cup. Add sugar to drained pineapple. Dissolve gelatin and salt in boiling water. Add measured liquid and chill until thickened slightly. Fold in whipped topping and pineapple. Chill until mixture will mound. Spoon into serving bowl or individual dessert dishes. Garnish with mandarin orange sections, marachino cherries or nuts to serve.

Nancy Carbonneau
Androscoggin Unit (Milan)

SPECIAL LIME GELATIN

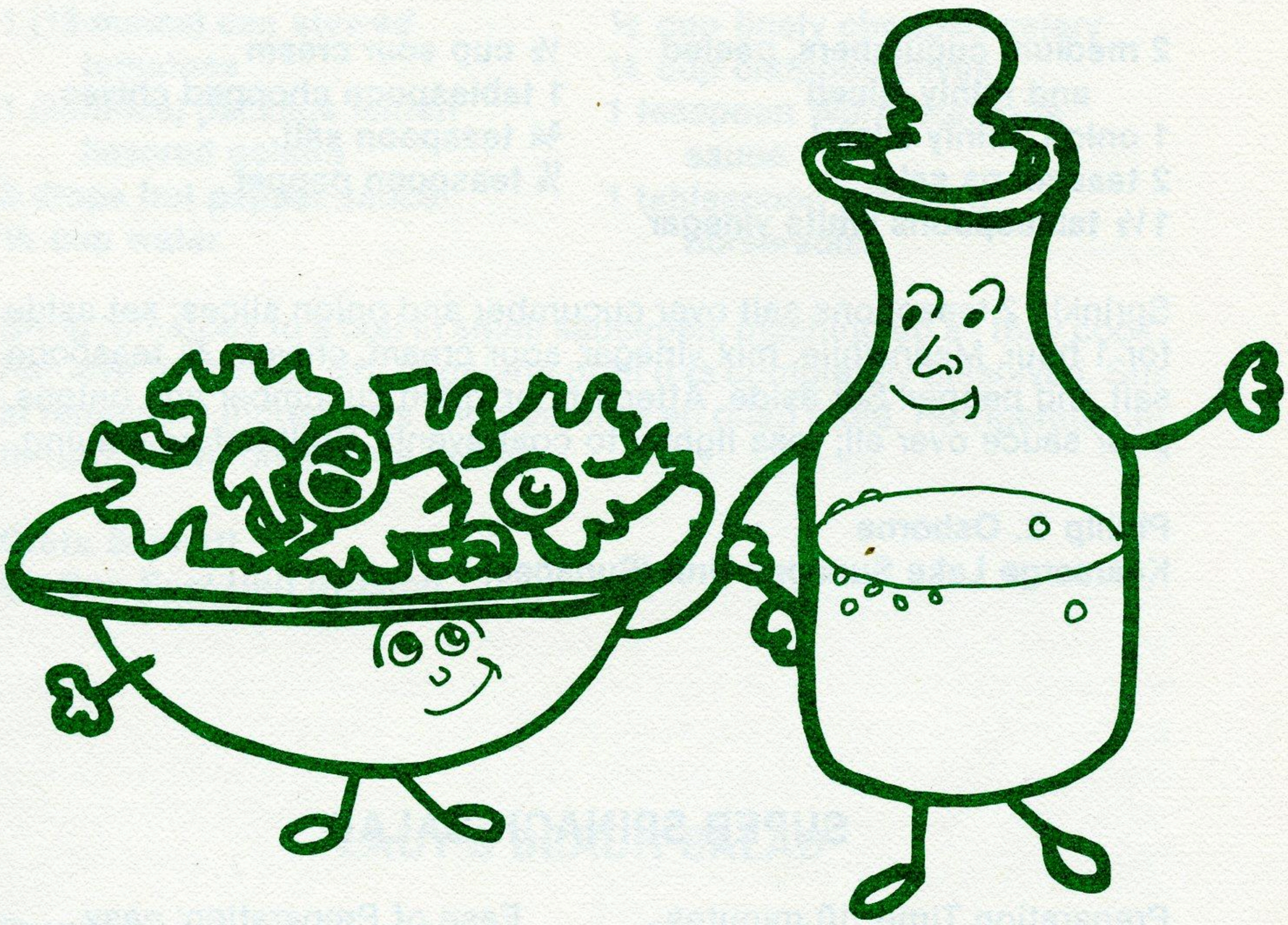
Preparation Time: 15 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 servings

1 (3-ounce) package lime flavored gelatin
1 cup boiling water
1½ tablespoons salad dressing (mayonnaise type)
1 (3-ounce) package cream cheese
¾ cup cold water
¼ cup prepared horseradish

Dissolve gelatin in boiling water. Whip salad dressing with cream cheese in small bowl of electric mixer. Stir in dissolved gelatin, cold water and horseradish. Pour into serving bowl and store in refrigerator.

Jane Wallace
Strafford Unit (Durham)



Salads & Salad Dressing

CUCUMBER SALAD WITH ONIONS

Preparation Time: 1 hour
Cooking Time: none

Ease of Preparation: easy
Yield: 4 generous servings

2 medium cucumbers, peeled and thinly sliced
1 onion, thinly sliced
2 teaspoons salt
1½ tablespoons white vinegar
½ cup sour cream
1 tablespoon chopped chives
¾ teaspoon salt
⅛ teaspoon pepper

Sprinkle 2 teaspoons salt over cucumber and onion slices; set aside for 1 hour. Meanwhile, mix vinegar, sour cream, chives, ¾ teaspoon salt and pepper. Set aside. After 1 hour, drain cucumber and onions, pour sauce over all; toss lightly to coat evenly. Chill before serving.

Phillip G. Osborne
Kearsarge Lake Sunapee Unit (Sunapee)

SUPER SPINACH SALAD

Preparation Time: 10 minutes
Cool in refrigerator

Ease of Preparation: easy
Yield: 4 to 6 servings

½ cup sugar
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon paprika
1 tablespoon grated red onion
1 cup oil
¼ cup vinegar
1 tablespoon poppy seed
1 pound fresh spinach, washed and torn
¼ pound bacon, fried crisp and crumbled
2 or 3 hard cooked eggs, sliced

Mix dry ingredients, except poppy seed. Add onion. Add oil (a small amount at a time) alternately with vinegar, ending with vinegar. Beat with rotary beater. Stir in poppy seed. Serve over spinach and garnish with bacon and egg slices.

Judy Gessner
Sullivan Unit (Newport)
Similar recipe submitted by: Rachel M. Fysh
Androscoggin Unit (Berlin)

ZESTY TOMATO SALAD

Preparation Time: 15 minutes
Cooking Time: 5 minutes

Ease of Preparation: easy
Yield: 6 to 8 serving

1 (16-ounce) can stewed tomatoes
1 (3-ounce) package lemon flavored gelatin
3 drops hot pepper sauce
⅓ cup water
½ cup finely chopped celery
¼ cup chopped olives
1 teaspoon Worcestershire sauce
1 tablespoon prepared horseradish

Bring tomatoes to a boil in small saucepan, mashing up as they cook. Remove from heat. Stir in gelatin until it is completely dissolved. Stir in remaining ingredients and pour into an oiled mold. Refrigerate until firm. Serve on lettuce leaves.

Greta Bennett
Grafton East Unit (Bristol)

LADY'S BEACH SALAD

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 8 to 10 servings

1 small head lettuce, chopped
1 (6½-ounce) can tuna, drained
2 large carrots, grated
1 small red onion, chopped
2 medium tomatoes, chopped
1 medium green pepper, chopped
1 small cucumber, chopped
¾ cup mayonnaise or salad dressing
⅛ cup sweet pickle juice
1 (8-ounce) can chopped beets, drained
3 hard cooked eggs, sliced

In large salad bowl, combine chopped lettuce with flaked tuna, carrots, onion, tomatoes, green pepper and cucumber. Toss lightly. Add mayonnaise which has been mixed with pickle juice and toss again. Garnish with sliced hard cooked eggs. Cover and refrigerate for 30 minutes before serving. *Note: An excellent light summer supper.*

Martha Marsette
Cheshire Unit (Keene)

DIFFERENT BEAN SALAD

Preparation Time: 35 to 40 minutes
Cooking Time: 10 minutes

Ease of Preparation: easy
Yield: 15 servings

1 (16-ounce) package carrots, sliced diagonally into ⅛-inch slices
1 (12-ounce) package fresh mushrooms, sliced
2 medium onions, sliced ⅛-inch thick and separated into rings
2 (16-ounce) cans green beans, drained
1 (15-ounce) can kidney beans, drained
1 (10½-ounce) can tomato soup
½ cup cider vinegar
⅔ cup sugar
½ cup oil
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
½ teaspoon salt

Sauté mushrooms in a little butter or margarine until tender, drain and set aside. Cook carrots in salted water for 8 to 10 minutes or just until tender. Drain. Combine all vegetables in large bowl; toss gently. Combine soup, vinegar and sugar in small bowl. Stir until sugar is dissolved and add oil, Worcestershire sauce, mustard and salt. Stir until well-mixed. Pour over vegetables and toss gently. Cover and store in refrigerator.

Rita Faucher
Androscoggin Unit (Dummer)

TWENTY-FOUR HOUR VEGETABLE SALAD

Preparation Time: 45 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 12 to 15 servings

6 cups chopped lettuce or spinach
Salt, pepper and sugar to taste
6 hard cooked eggs, sliced
1 (10-ounce) package frozen peas, thawed
1 (16-ounce) package bacon, fried crisp, drained and crumbled
2 cups shredded Swiss cheese
1 cup mayonnaise or salad dressing
½ cup sliced green onions with tops
Paprika

Continued

Place 3 cups lettuce in bottom of large glass serving bowl. Sprinkle with salt, pepper and sugar. Layer eggs around edge of bowl and over top of lettuce. Sprinkle with salt. Layer in order: peas, remaining lettuce, bacon, cheese. Spread mayonnaise over top, sealing to edge of bowl. Cover tightly with plastic wrap and refrigerate for 24 hours. Garnish with green onions and paprika. Toss at table before serving.

Eleanor Gardner
Sullivan Unit (Grantham)
Similar recipe submitted by: Joni Stover
Belknap Unit (Laconia)

STAY-CRISP COLESLAW

Preparation Time: 30 minutes
Cooking Time: 5 minutes + cooling time in refrigerator required
Ease of Preparation: easy
Yield: 8 servings

8 cups shredded cabbage
2 carrots, shredded
½ cup onion, chopped
¾ cup cold water
1 green pepper, cut into strips, optional
1 envelope unflavored gelatin
⅔ cup granulated sugar
⅔ cup vinegar
2 tablespoons celery seed
1½ teaspoons salt
¼ teaspoon pepper
⅔ cup oil

Mix shredded cabbage, carrots, green pepper and onions in large mixing bowl. Sprinkle with ½ cup cold water and chill in refrigerator. Soften gelatin in ¼ cup cold water. Mix sugar, vinegar, celery seed, salt and pepper in saucepan and bring to a boil. Stir in softened gelatin to dissolve; cool until slightly thickened. Beat well with rotary beater. Gradually beat in oil. Drain water from refrigerated vegetables and pour dressing over top; toss lightly until all vegetables are coated with dressing. May serve immediately or store in refrigerator. Keeps well.

Anne F. Boy
Strafford Unit (Durham)
Similar Recipe submitted by: Elizabeth Bj Green
Kearsarge Lake Sunapee Unit
(New London)

PENNSYLVANIA DUTCH PEPPER SLAW

Preparation Time: 15 minutes
Cooking Time: 3 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

1 head cabbage
2 green or red peppers
1 teaspoon celery seed
1 tablespoon salt
2 tablespoons sugar
⅔ cup vinegar
1 cup granulated sugar
1 cup water

In large mixing bowl, slice or chop cabbage fine. Chop peppers and add to cabbage. Toss with celery seed, salt and 2 tablespoons sugar until well mixed. Mix vinegar, 1 cup sugar and water in saucepan over medium heat and bring to a boil. Boil 1 minute and remove from heat. Pour over cabbage mixture and mix well. Will keep in refrigerator up to 2 weeks.

Greta Bennett
Grafton East Unit (Bristol)

Make your own herb vinegars by adding 3 or 4 sprigs of fresh (or 2 Tbsp. dried) herbs to 1 quart white wine vinegar or distilled white vinegar. Let it stand a few weeks before using. Thyme and marjoram are examples.

LUNCHEON CHICKEN SALAD

Preparation Time: 20 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 servings

2 Granny Smith apples
2 tablespoons lemon juice
1 tablespoon oil
3½ cups cooked cubed chicken
1⅓ cups cooked rice
1¼ cups mayonnaise
½ cup pecans or walnuts
2 tablespoons chopped parsley
1 teaspoon chopped onion
1½ teaspoons curry powder
½ teaspoon salt

Mix apples, lemon juice and oil well. Add remaining ingredients and toss lightly until everything is well-mixed. Serve on a bed of lettuce.

Mrs. Aileen R. Byers
Strafford Unit (Durham)

PINEAPPLE CREAM RING

Preparation Time: 30 minutes
Some chilling in refrigerator required

Ease of Preparation: easy
Yield: 6 to 8 servings

1 (3-ounce) package lime flavored gelatin
1½ cups boiling water
1½ cups crushed pineapple
1 (3-ounce) package lemon flavored gelatin
1½ cups boiling water
1 (3-ounce) package cream cheese, softened
1 cup whipped cream

Dissolve lime gelatin in 1½ cups boiling water and fold in undrained pineapple. Pour into mold or 9-inch square pan and chill until firm. Dissolve lemon gelatin in 1½ cups boiling water; cool. Blend cream cheese and whipped cream. Add to lemon gelatin and pour over top of firm lime layer. If desired, add chopped nuts to cream cheese/lemon mixture.

Mrs. Ruth A. Smith
Grafton East Unit (Bristol)

GOLDEN GLOW GELATIN

Preparation Time: 15 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 8 servings

1 (6-ounce) package orange flavored gelatin
1 (7-ounce) can crushed pineapple
½ cup shredded carrots
1 cup boiling water
1 cup cold water

Add boiling water to gelatin and stir until dissolved. Add remaining ingredients. Pour into an 8-inch bowl and refrigerate at least 4 hours. Cut into squares to serve. May serve on lettuce with a dollop of mayonnaise.

Colette Johnson
Belknap Unit (Laconia)

CRANBERRY CHEESE RIBBON SALAD

Preparation Time: 30 minutes
3 hours chilling in refrigerator

Ease of Preparation: easy
Yield: 12 servings

1 envelope unflavored gelatin
1 cup cold water
1 (3-ounce) package strawberry flavored gelatin
¾ cup boiling water
1 (14-ounce) jar cranberry-orange relish
¼ cup lemon juice
1 tablespoon grated orange rind
1 (8-ounce) package cream cheese, softened
1 (4½-ounce) carton frozen non-dairy whipped topping, thawed

In small saucepan, sprinkle gelatin over cold water to soften; heat and stir until gelatin dissolves. Remove from heat; set aside. Dissolve strawberry gelatin in boiling water; stir in relish, 2 tablespoons lemon juice, and orange rind. Pour into lightly oiled 1½-quart mold. Chill until slightly thickened. Beat cheese and remaining lemon juice in large mixing bowl until fluffy; blend in whipped topping and unflavored gelatin mixture. Spoon evenly over cranberry mixture. Chill about 3 hours or until set. Unmold and garnish as desired.

Diana Senechal
Rockingham West Unit (Derry)

ROQUEFORT DRESSING

Preparation Time: 5 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 1½ quarts

1 quart real mayonnaise
2 cups sour cream
1 (16-ounce) package roquefort cheese, crumbled *or* half roquefort/half blue cheese
Dash of wine vinegar
Salt and pepper to taste

Mix all ingredients in small bowl of electric mixer and beat at low speed. May use blender if a smooth dressing is preferred. Store in refrigerator. Dressing improves with age.

Mary E. Cunningham
Southeastern Unit (Kingston)

FLUFFY FRUIT N' CREAM SALAD

Preparation Time: 30 minutes
Cooking Time: 5 to 7 minutes + refrigerator chilling time

Ease of Preparation: easy
Yield: 6 to 8 servings

1 (11-ounce) can mandarin orange sections, drained
Water
½ cup granulated sugar
1 envelope unflavored gelatin
½ cup orange juice
¼ cup lemon juice
2 eggs, beaten
1 cup sour cream
1 (3-ounce) package cream cheese, softened
1 medium banana, sliced
⅓ cup chopped walnuts
Whole strawberries

Drain orange sections and reserve syrup. Add water to syrup in measuring cup to make ¾ cup liquid. In saucepan, combine sugar and gelatin; add syrup mixture, orange and lemon juices. Heat until gelatin is dissolved. Gradually stir about half the hot mixture into eggs, return all to saucepan. Cook and stir 2 minutes more. Remove from heat. Stir in sour cream and cubed cream cheese; beat with rotary beater until smooth. Chill until partially set. Fold in orange sections, bananas and nuts. Turn into a lightly oiled 5½-cup ring mold. Chill overnight. Unmold and serve with strawberries.

Ruth Stewart
Twin Rivers Unit (Hill)

GREEK SALAD DRESSING

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 4 servings

5 tablespoons olive oil
6 tablespoons lemon juice
1 clove garlic, crushed
2 teaspoons Dijon mustard
Dash of pepper

Mix all ingredients in small bowl in order listed. Chill before serving. Good on any type of tossed salad.

Barbara Desjardins
Greater Portsmouth Unit (Rye)

GERMAN COFFEECAKE

Preparation Time: 15 minutes
Cooking Time: 60 minutes
Ease of Preparation: easy
Yield: 12 to 14 servings

Topping:

½ cup granulated sugar
2 teaspoons cinnamon
⅔ cups finely chopped walnuts or pecans
2 teaspoons vanilla extract
Apple slices for garnish, optional

Mix all ingredients, except apples, in small bowl and set aside.

Batter:

1 cup granulated sugar
½ cup butter or margarine
2 eggs, beaten
1 cup sour cream
2 teaspoons vanilla extract
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt

In large mixing bowl, cream butter and sugar until light. Add eggs, sour cream, and vanilla; beat well. Stir in flour, baking powder, soda and salt. Pour half the batter into greased and floured 10-inch tube pan or bundt pan; sprinkle with half topping mixture. Repeat layers and top with apple slices. Bake at 350 degrees for 50 to 60 minutes or until done. Cool slightly in pan, remove to wire rack. May be served warm or cooled.

Diane R. Jones
Merrimack Unit (Concord)

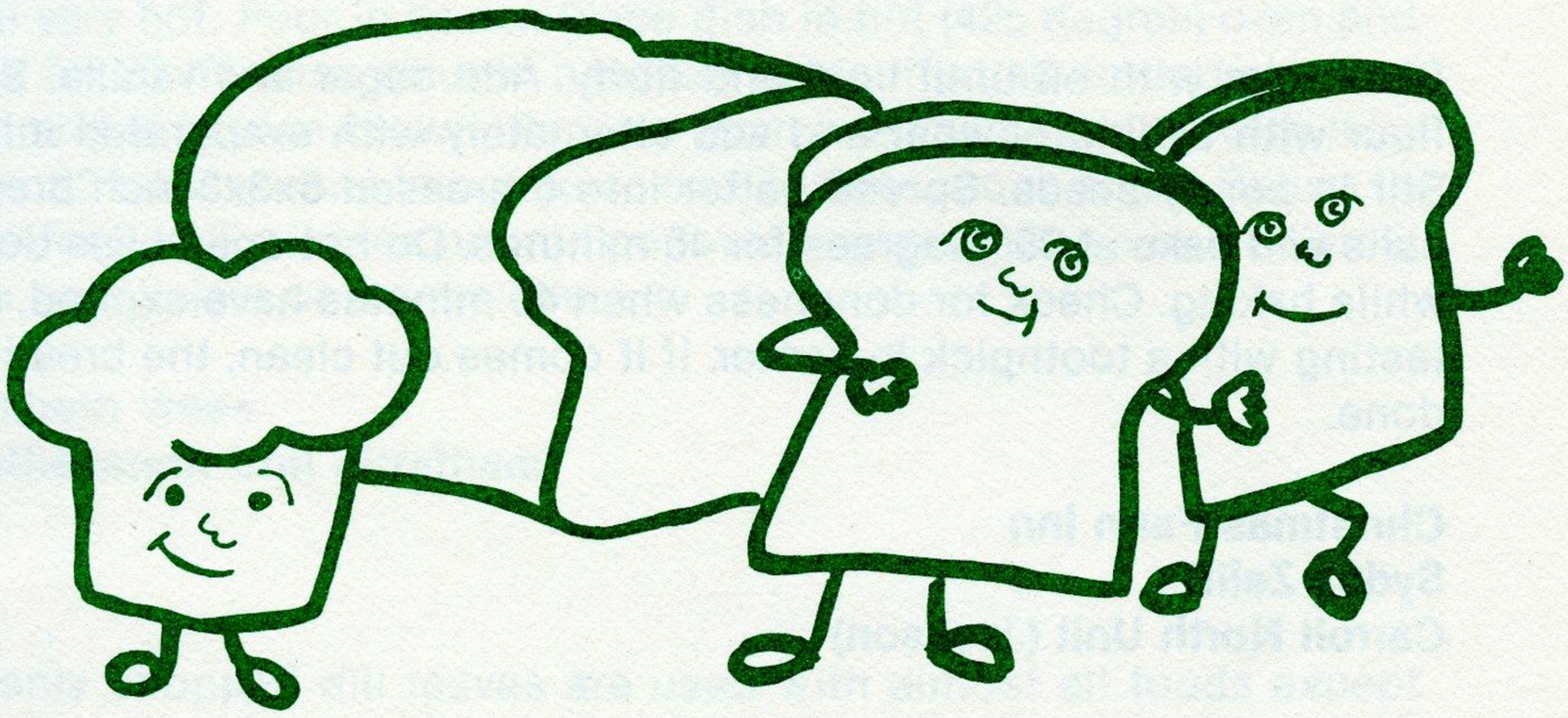
CRUNCHY PARMESAN STICKS

Preparation Time: 20 minutes
Cooking Time: 10 to 15 minutes
Ease of Preparation: easy
Yield: 8 servings

8 slices thin-sliced bread
½ cup margarine, melted
½ cup cornflakes cereal, crushed
½ cup Parmesan cheese, grated
¼ teaspoon garlic salt

Remove crusts from bread. Cut each slice into 4 strips. Dunk each stick into butter, then roll in mixture of cereal crumbs, cheese and garlic salt. Place on ungreased baking sheet; bake at 325 degrees for 10 to 15 minutes. Cool on waxed paper. Store in tightly covered tin.

Colette Johnson
Belknap Unit (Laconia)



Bread

POPPY SEED BREAD

Preparation Time: 60 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 6 small loaves

9 eggs
2 cups oil
4½ cups granulated sugar
1 tablespoon vanilla extract
6¾ cups all-purpose flour
¼ cup and 1½ teaspoons baking powder
3½ cups evaporated milk
2¼ cups poppy seeds

Beat eggs with oil until light and fluffy. Add sugar and vanilla. Sift flour with baking powder and add alternately with evaporated milk. Stir in poppy seeds. Spread batter into 6 greased 5x3x3-inch bread pans and bake at 350 degrees for 45 minutes. Do not open oven door while baking. Check for doneness when 45 minutes have expired, by testing with a toothpick in center. If it comes out clean, the bread is done.

Christmas Farm Inn
Sydna Zeliff
Carroll North Unit (Jackson)

BUTTERMILK COFFEECAKE

Preparation Time: 15 minutes
Cooking Time: 30 to 35 minutes

Ease of Preparation: average
Yield: 16 to 20 servings

½ cup margarine or shortening
2 cups firmly packed light brown sugar
2 cups sifted all-purpose flour
1 egg
1 cup buttermilk
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon vanilla extract

Mix butter, brown sugar and flour into crumbs; reserve ¾ cup for topping. Mix remainder with egg, buttermilk, baking powder, baking soda and vanilla. Pour into greased and floured 13x9x2-inch pan. Sprinkle reserved crumb topping over all and bake at 350 degrees for 30 to 35 minutes or until toothpick inserted near center comes out clean.

Margaret S. Dockman
Merrimack Unit (Contoocook)

POPOVER PANCAKE

Preparation Time: 30 minutes
Cooking Time: 20 to 25 minutes

Ease of Preparation: easy
Yield: 6 servings

½ cup flour all-purpose
½ cup milk
2 eggs
¼ cup butter

Beat all ingredients, except butter, in small bowl just until moistened, leaving batter slightly lumpy. In an au gratin dish or skillet, heat butter until very hot. Pour in batter. Place dish in hot (425 degree) oven and bake for 20 minutes or until pancake has puffed all around sides of dish and is golden brown. Remove from oven and sprinkle with mixture of 2 tablespoons lemon juice and 2 tablespoons sugar. Return to oven for 2 to 3 minutes or until popover is glazed. Serve immediately with honey, jam or marmalade.

Elizabeth Vrees
Southeastern Unit (Stratham)

Freshly chopped dill leaves are used with almost all foods except desserts.

BUTTERMILK PANCAKES

Preparation Time: 10 to 15 minutes
Cooking Time: 10 minutes

Ease of Preparation: easy
Yield: 18 medium-sized pancakes

2 eggs
2 cups buttermilk
2¼ cups sifted all-purpose flour
1 teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt
2 teaspoons sugar
4 tablespoons oil

In a large bowl, beat eggs with buttermilk. Add sifted dry ingredients and beat until smooth. Add oil and blend well. Drop by tablespoonsful onto a heated, lightly-greased skillet. When brown underneath, turn and brown other side. Delicious with maple syrup!

Pauline Burley
Twin Rivers Unit (West Franklin)

COTTAGE PANCAKES

Preparation Time: 10 minutes
Cooking Time: 3 or 4 minutes

Ease of Preparation: easy
Yield: 8 pancakes

Pinch of salt
3 eggs, separated
¼ cup all-purpose flour
¾ cup low-fat cottage cheese

Add salt to egg whites and beat until stiff. In separate bowl, beat egg yolks and cottage cheese until smooth and creamy. Mix in flour. Fold in beaten egg whites. Spoon batter by tablespoonsful into a preheated non-stick skillet. Bake, turning once, until lightly browned on both sides. *Note: These may be topped with sugar-free jam or low-calorie maple syrup, if desired.*

Virginia R. Flint
Androscoggin Unit (Milan)

BAKED FRENCH TOAST

Preparation Time: 30 minutes
Cooking Time: 25 minutes

Ease of Preparation: average
Yield: 4 servings

2 (8½-ounce) cans sliced pineapple
3 large eggs
¼ cup milk
2 tablespoons pineapple syrup
¼ teaspoon salt
4 (1-inch thick) slices French bread
4 slices Jack cheese
4 tablespoons strawberry preserves

Drain pineapple and reserve syrup. Beat eggs, milk, 2 tablespoons pineapple syrup and salt together. Form pockets in French bread slices and place 1 slice jack cheese and 1 tablespoon strawberry preserves in each pocket. Soak bread in egg mixture until well-moistened. Spread 3 tablespoons butter in a 12x8x2-inch baking pan. Arrange soaked bread in butter. Bake at 400 degrees for 12 to 15 minutes or until bottom is browned. Remove from oven and turn toast. Return to oven and bake 8 minutes longer. Heat pineapple slices sprinkled with brown sugar and place over top of toast to serve. Serve immediately.

Susan Dononcourt
Belknap Unit (Laconia)

WHEAT GERM MUFFINS

Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ease of Preparation: easy
Yield: 6 muffins

⅔ cup biscuit mix
⅓ cup wheat germ
¼ cup granulated sugar
1 egg, slightly beaten
⅓ cup water
2 tablespoons peanut butter
½ teaspoon vanilla extract

In mixing bowl, combine biscuit mix, wheat germ and sugar. In a separate bowl, combine egg, water, peanut butter and vanilla. Beat mixture smooth with rotary beater. Add egg mixture to dry ingredients, stirring only until dry ingredients are moistened. Spoon batter into muffin pans, filling ⅔ full. Bake at 375 degrees for 20 to 25 minutes or until golden brown. Serve with butter.

Susan Dononcourt
Belknap Unit (Laconia)

BUTTERMILK BISCUITS

Preparation Time: 5 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 15 biscuits

3 cups all-purpose flour
3 teaspoons baking powder
1½ teaspoons salt
¾ teaspoons baking soda
⅓ cup shortening
2 cups buttermilk

Sift flour, baking powder, salt and soda into mixing bowl. Knead in shortening; add buttermilk and mix well. Roll out onto floured board. Cut with biscuit cutter or tumbler which has been dipped in flour. Place on baking pan. Bake at 450 degrees until browned—about 20 minutes.

Pauline Burley
Twin Rivers Unit (West Franklin)

STRAWBERRY JAM NUT BREAD

Preparation Time: 15 minutes
Cooking Time: 50 to 55 minutes

Ease of Preparation: average
Yield: 2 loaves

1 cup butter
1½ cups granulated sugar
1 teaspoon vanilla extract
¼ teaspoon lemon extract
4 eggs
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon cream of tartar
½ teaspoon baking soda
1 cup strawberry jam
½ cup sour cream
1 cup chopped nuts

In large mixing bowl, cream together butter, sugar, vanilla and lemon extracts and eggs. Sift dry ingredients together and add alternately with jam and sour cream. Fold in nuts. Pour batter into two greased 9x5x3-inch loaf pans. Bake at 350 degrees for 50 to 55 minutes.

Rachel M. Fysh
Androscoggin Unit (Berlin)

Similar recipe submitted by: Elaine Perkins
Rockingham West Unit (Londonderry)

BANANA NUT BREAD

Preparation Time: 10 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 1 loaf

1 cup granulated sugar
½ cup margarine
2 eggs, beaten
1 cup mashed bananas
2 cups sifted all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
¼ cup sour milk
½ cup chopped nuts

Cream sugar and margarine well. Stir in eggs and bananas. Sift all dry ingredients together and add to mixture alternately with sour milk. Fold in nuts. Do not beat. Spread in an 8x4x3-inch loaf pan and bake at 350 degrees for 1 hour. Remove from pan and cool on rack. Wrap in foil to store. Keep refrigerated.

Marie Mailloux
Sullivan Unit (Claremont)

BANANA BRAN BREAD

Preparation Time: 10 minutes
Cooking Time: 50 to 60 minutes

Ease of Preparation: easy
Yield: 1 loaf

3 ripe bananas (mashed)
1 egg
1 cup granulated sugar
¼ cup oil
1½ cups all-purpose flour
1 teaspoon baking soda
1 cup bran flakes or raisin bran

Combine mashed bananas, egg, sugar and oil in medium-sized mixing bowl. Beat until creamy. Add flour and baking soda. Fold in bran. (Walnuts and/or chopped or grated orange peel may be added at this time.) Spray or grease a 9x5x3-inch loaf pan and spread in batter. Preheat oven to 350 degrees and bake for 50 to 60 minutes. May be frozen when completely cooled.

Anne Cooke Brewster
Greater Portsmouth Unit (Portsmouth)

PUMPKIN BREAD

Preparation Time: 15 minutes
Cooking Time: about 1 hour

Ease of Preparation: easy
Yield: 3 loaves

4 eggs
⅔ cup water
3 cups granulated sugar
1 cup oil
1 (16-ounce) can prepared pumpkin
3½ cups all-purpose flour
2 teaspoons baking soda
1½ teaspoons salt
1 teaspoon cinnamon
1 teaspoon nutmeg
Pinch of cloves

Using a large mixing bowl, mix eggs, water, sugar and oil well. Sift all dry ingredients together and add to batter along with pumpkin. (Dates, nuts or raisins may be added at this point if desired.) Grease and flour three 8x4x3-inch loaf pans. Spread batter in pans. dividing equally. Bake at 350 degrees for 1 hour.

Guinevere Newton
Grafton East Unit (Ashland)
Similar recipe submitted by: Allison Rego Faccone
Merrimack Unit (Potter Place)

ORANGE PEEL BREAD

Preparation Time: 20 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 1 loaf

Peel of 3 oranges
Water
1 cup granulated sugar
½ cup firmly packed brown sugar
2 tablespoons oil or shortening
3 cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1 cup milk
1 egg, beaten

Remove membrane from orange peel and dice finely. Cover with water and boil until tender (about 15 minutes). Drain and stir in sugars; let melt. Add oil or melted shortening. Sift dry ingredients together in large bowl. Add milk and egg to flour and mix well. Stir in orange peel mixture and beat slightly, just until all ingredients are well-mixed. Spread batter in 9x5x3-inch loaf pan which has been greased. Bake at 375 degrees for 1 hour or until loaf tests done. *Note: To freeze, wrap in plastic wrap and then in aluminum foil. Try this bread, thinly sliced, with pineapple/cottage cheese spread.*

Beatrice L. Miller
Androscoggin Unit (Berlin)

MARTHA'S PEANUT BUTTER BREAD

Preparation Time: 15 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 1 loaf

2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
½ cup granulated sugar
½ cup peanut butter
¼ cup shortening
2 eggs, beaten
1 cup milk

Sift flour, baking powder, salt and sugar together. With hands, work in peanut butter and shortening. Add beaten eggs and milk; mix well. Pour into a greased 9x5x3-inch loaf pan and bake at 350 degrees for 1 hour.

Deborah Clark Batchelder
Grafton East Unit (North Woodstock)

HOBO BREAD

Preparation Time: 20 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 3 loaves

4 teaspoons baking soda
2 cups boiling water
2 cups dark raisins
4 cups all-purpose flour
2 cups granulated sugar
½ teaspoon salt
4 tablespoons oil

The night before baking, mix soda and water together and pour over raisins. Let stand overnight. The next morning, sift together flour, sugar, salt and stir into raisin mixture with a spoon. Add oil and continue to mix with a spoon. Batter will be thick. Grease and flour three 1-pound coffee cans and put ⅓ batter in each can. (Cans should be about half full—do not cover.) Bake at 350 degrees for 30 minutes. Reduce heat to 325 degrees and continue baking 30 minutes longer. Near the end of baking, cover cans with foil to prevent over-browning. Test breads with a long cake tester and remove from oven when done. Lay cans on their sides on wire rack to cool, turning occasionally to loosen the bread. Great with cream cheese, butter and baked beans.

Jeannette Morneau
Androscoggin Unit (Gorham)

BAKED BOSTON BROWN BREAD

Preparation Time: 15 minutes
Cooking Time: 45 to 50 minutes

Ease of Preparation: average
Yield: 2 loaves

1½ cups all-purpose flour
2½ teaspoons baking soda
1½ teaspoons salt
¼ cup granulated sugar
2 cups whole wheat flour
⅓ cup shortening
1 cup raisins
1 egg, beaten
2 cups sour milk
¾ cup molasses

Sift flour, soda, salt and sugar together; add whole wheat flour and mix well. Cut in shortening until mixture resembles coarse meal. Add raisins. Combine egg with milk and molasses. Add to dry ingredients. Mix only until flour is moistened. Turn into greased 9x5x3-inch loaf pans and bake at 350 degrees for 45 to 50 minutes.

Bertha D. Saulnier
Rockingham West Unit (Salem)

APPLESAUCE AND OATMEAL LOAF

Preparation Time: 15 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 1 loaf

1½ cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1½ teaspoons salt
¾ teaspoon cinnamon
½ teaspoon nutmeg
⅔ cup firmly packed brown sugar
2 eggs
⅓ cup melted margarine
1 cup raisins
¾ cup chopped walnuts
1½ cups rolled oats
1 cup applesauce

Sift flour, baking powder, soda, salt, cinnamon and nutmeg into a large mixing bowl. Add rolled oats, raisins, walnuts, brown sugar, eggs, margarine, and applesauce. Mix well and turn into a well-greased and floured 9x5x3-inch loaf pan. Bake for 60 minutes at 350 degrees. Remove from pan and cool on wire rack.

Janet Slaven
Southeastern Unit (Hampton)

BATTER WHITE BREAD

Preparation Time: 1 hour
Cooking Time: 5 to 50 minutes

Ease of Preparation: average
Yield: 2 loaves

2 packages active dry yeast
½ cup lukewarm water
1¾ cups milk, scalded and cooled
6½ cups all-purpose flour
3 tablespoons sugar
3 teaspoons salt
2 tablespoons soft shortening

In large bowl of electric mixer, sprinkle dry yeast into water and milk; let stand a few minutes, then stir until dissolved. Add 3¼ cups flour, sugar, salt and shortening. Beat for 2 minutes at medium speed or beat by hand. Beat in remaining flour by hand. Cover and let rise in warm, draft-free area until double (about 45 minutes). Stir batter, beating by hand, for 30 seconds. Spread into 2 greased and floured 9x5x3-inch loaf pans. Let rise in warm, draft free area until double (about 20 minutes). Bake at 375 degrees for 45 to 50 minutes.

Alice E. Dionne
Southeastern Unit (Epping)

RHUBARB BREAD

Preparation Time: 20 minutes
Cooking Time: 55 to 60 minutes
Ease of Preparation: easy
Yield: 2 loaves

⅔ cup corn oil
1½ cups firmly packed light brown sugar
2 eggs
1 teaspoon vanilla extract
2½ cups sifted all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 cup buttermilk
1½ cups diced rhubarb
½ cup chopped walnuts
½ cup granulated sugar
1 tablespoon chilled butter

In large mixing bowl, blend oil with brown sugar and beat until smooth. Add eggs and vanilla and beat until well-mixed. Mix flour, salt and baking powder and add to batter alternately with buttermilk. Stir in rhubarb and nuts. Pour batter into 2 greased and floured 9x5x3-inch loaf pans. Cut 1 tablespoon cold butter into ½ cup sugar, divide topping in half and sprinkle over batter in loaf pans. Bake at 325 degrees for 55 to 60 minutes or until done. Let stand in pans for 10 minutes, remove and cool completely on wire rack. *Note: Bread freezes well.*

Patricia Anthopoulos
Grafton East Unit (Bristol)

SHREDDED WHEAT BREAD

Preparation Time: 1 hour
Cooking Time: 30 minutes
Ease of Preparation: average
Yield: 2 loaves

2 cups boiling water
2 cups shredded wheat biscuits
⅓ cup granulated sugar
1 teaspoon salt
½ cup molasses
3 tablespoons shortening
1 package active dry yeast
½ cup lukewarm water
5 to 6 cups all-purpose flour

Pour boiling water over shredded wheat biscuits. Add sugar, salt, molasses and shortening. Set aside to cool. Dissolve yeast in warm water and mix with flour and wheat biscuit mix. Add enough flour to form a firm dough. Knead for 8 to 10 minutes, place in greased bowl, cover and set in a warm, draft-free area to rise until double. Punch dough down, shape into two loaves and place in greased 9x5x3-inch loaf pans. Bake at 375 degrees until done, about 30 minutes.

Marguerite Grant
Southeastern Unit (Hampton)

PLAIN CRESCENT ROLLS

Preparation Time: 1¼ hours, total
Cooking Time: 12 minutes

Ease of Preparation: average
Yield: 24 rolls

2 tablespoons sugar
6 tablespoons oil
1 teaspoon salt
1½ cups lukewarm water
2 packages active dry yeast
4 cups sifted all-purpose flour

In large mixing bowl, blend sugar, oil, salt, milk, yeast and 2 cups flour. Beat at medium speed of electric mixer for 2 minutes. Stir in remaining 2 cups flour and knead for 5 minutes on floured surface. Cover with cloth and let rise in warm, draft free area for 30 minutes. Place on bread board and divide in half. Roll each half into a circle. Brush tops lightly with oil. Cut into 12 pie-shaped pieces and roll up, starting with wide end and ending with point. Turn point underneath and place on greased baking sheet shape into crescent. Cover and let rise in warm, draft free area for 15 minutes. Bake at 425 degrees for about 12 minutes or until golden brown. *Variation: Substitute 2 cups whole wheat flour for 2 cups white flour. Add 1 tablespoon soy flour for each cup of flour for a more nutritious roll.*

Mrs. George Kraft (Dorothy)
Sullivan Unit (Claremont)

Add 1 or 2 tsp. dried herbs per loaf to dry ingredients when making bread.

THICK PIZZA CRUST

Preparation Time: 3 hours
Cooking Time: 25 minutes

Ease of Preparation: average
Yield: 8 servings

2 cups warm water
2 packages active dry yeast
5 cups flour all-purpose
2 teaspoons salt
¼ cup yellow cornmeal

Continued

Combine water with yeast and stir to dissolve. In separate bowl, combine flour and salt. Stir yeast and flour mixtures together until dough is moistened. Turn onto lightly floured board and knead until smooth and elastic, about 5 to 7 minutes. Add more flour as needed to prevent sticking. Place dough in a greased bowl, turning to grease all sides. Let rise in warm, draft-free area until doubled in bulk, about 1½ hours. Punch dough down. Cover and let rise again for 15 minutes. Sprinkle two 12-inch pizza pans with cornmeal. Roll dough out into 12-inch circles, stretching with hands if necessary. Place on pizza pans, fill as desired and bake at 425 degrees for 20 to 25 minutes on lower rack of oven. Crust should be golden.

Elizabeth Vrees
Southeastern Unit (Stratham)

ANYTIME ROLLS

Preparation Time: 2 hours, 45 minutes
Cooking Time: 5 to 7 minutes
Ease of Preparation: average
Yield: 1½ to 2 dozen rolls

1 cup milk
¼ cup granulated sugar
¼ cup shortening
1 teaspoon salt
1 package active dry yeast
¼ cup lukewarm water
3½ cups all-purpose flour
1 egg
1½ cups raisins, optional

In a saucepan, scald milk. Remove from heat and add sugar, shortening and salt. Mix until dissolved and pour into a large bowl. Cool until lukewarm. While milk mixture is cooling, combine yeast and lukewarm water. Add to cooled milk mixture along with egg and 1½ cups flour. Beat well. Add raisins and beat. Add remaining flour gradually to form soft dough. Place in greased bowl, turning once to grease top. Cover and let rise until double (about 1½ hours) in a warm, draft-free area. Turn out onto a lightly floured surface and roll into ½-inch thickness. Cut dough into circles. Fold each round in half and place on greased baking sheets. Cover and let rise until double, about 45 minutes. Bake in preheated 400 degree oven until lightly browned.

Gail Lynch
Grafton East Unit (East Hebron)

PORTUGUESE SWEET BREAD

Preparation Time: 4½ hours
Cooking Time: 30 to 40 minutes

Ease of Preparation: average
Yield: 2 loaves

½ cup milk
2 teaspoons salt
6 eggs, room temperature
1¾ cups granulated sugar
½ cup butter, melted and cooled
5½ to 6 cups all-purpose sifted flour
2 packages active dry yeast
1 tablespoon sugar
½ cup lukewarm water
1 egg, beaten

In large saucepan, scald milk with salt. Set aside to cool to lukewarm. In large mixing bowl, combine 6 eggs and sugar. Add butter and beat until fluffy. Dissolve yeast in lukewarm water with 1 tablespoon sugar; add to egg mixture. Add flour and milk mixture alternately to yeast mixture until blended. Knead until smooth. Place dough in greased bowl, cover and set in warm, draft-free area to rise until double (2 to 3 hours). Turn dough out onto lightly floured board and shape into 2 round loaves. Place in greased 9-inch round cake pans, cover and let rise again until doubled. Brush top and sides with beaten egg. Bake at 350 degrees for 30 to 40 minutes. Remove from pans and cool on wire rack. Brush melted butter over each loaf.

Mrs. William Hixon (Grace)
Grafton North Unit (Littleton)

KOLACKEYS

Preparation Time: 2 hours
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 2 dozen

¼ cup shortening
¼ cup granulated sugar
1 teaspoon salt
¾ cup scalded milk, cooled to lukewarm
½ cup lukewarm water
1 package active dry yeast
1 egg
4 cups all-purpose flour

Cream shortening with sugar. Add salt and cooled milk. Add yeast which has been dissolved in lukewarm water; beat in egg. Add flour, 1 cup at a time, until mixed to a soft dough. Roll out onto floured board to ½ to ¾-inch thickness and cut with 2½-inch cookie cutter. Let rise until double in warm, draft-free area (about 1 to 1½ hours). Press indentation in center and fill with any kind of filling (lemon, raspberry, strawberry, prune). Bake for 20 minutes at 350 degrees. Drip topping over buns.

Continued

Topping:
½ cup powdered sugar
2 teaspoons warm milk
¼ teaspoon vanilla extract

Mix well and drizzle over warm buns.

Mrs. Madeline Saulnier
Rockingham West Unit (Londonderry)

SWEDISH LIMPA BREAD

Preparation Time: 1½ hours
Cooking Time: 35 to 45 minutes
Ease of Preparation: average
Yield: 3 loaves

2 tablespoons sugar
½ cup rye flour
½ cup lukewarm water
1 package active dry yeast
1¾ cups milk
¾ cup molasses
¾ tablespoon salt
3 to 4 cups all-purpose flour
⅛ cup melted butter
2½ cups rye flour
⅛ cup grated orange rind
1 tablespoon fennel or anise seed

Dissolve yeast in lukewarm water; stir in ½ cup rye flour and 2 tablespoons sugar. Set in warm place and proof for 30 minutes. Heat milk to lukewarm; add molasses and salt and stir in proofed yeast. Slowly mix in flour. Add melted butter and gradually stir in remaining rye flour. Work in fennel or anise seed and orange rind. Place bread dough into buttered bowl and let rise in warm, draft-free area until double in bulk. Divide dough into 3 parts. Make round loaves and place on baking sheet. Score tops and let rise at least 1 hour in warm, draft free area. Bake at 375 degrees for 35 to 45 minutes. Test for doneness. When done, brush tops with water.

Judi Anderson
Cheshire Unit (Sullivan)

SALLY BURKE'S TEXAS COFFEECAKE

Preparation Time: 45 minutes
Cooking Time: 60 minutes
Ease of Preparation: average
Yield: 12 to 16 servings

1 (18.5-ounce) package yellow cake mix
¾ cup oil
½ cup granulated sugar
4 eggs
1 cup sour cream
1 cup coconut
1 cup chopped pecans
1 teaspoon vanilla extract
6 tablespoons sugar
3 teaspoons cinnamon

Place cake mix in large mixing bowl; add oil and sugar, mixing well. Stir in eggs, one at a time, beating after each addition. Add sour cream; beat well. Add coconut and nuts. Stir in vanilla and beat for 1 minute. Pour ⅓ of batter into a Bundt cake pan or 2 loaf-size pans which have been greased and floured. Mix 6 tablespoons sugar with cinnamon and sprinkle ⅓ over batter; repeat layers two more times. Bake at 350 degrees for 1 hour. Cool in pan.

Jane Burke, RN
Hillsborough South Unit (Merrimack)

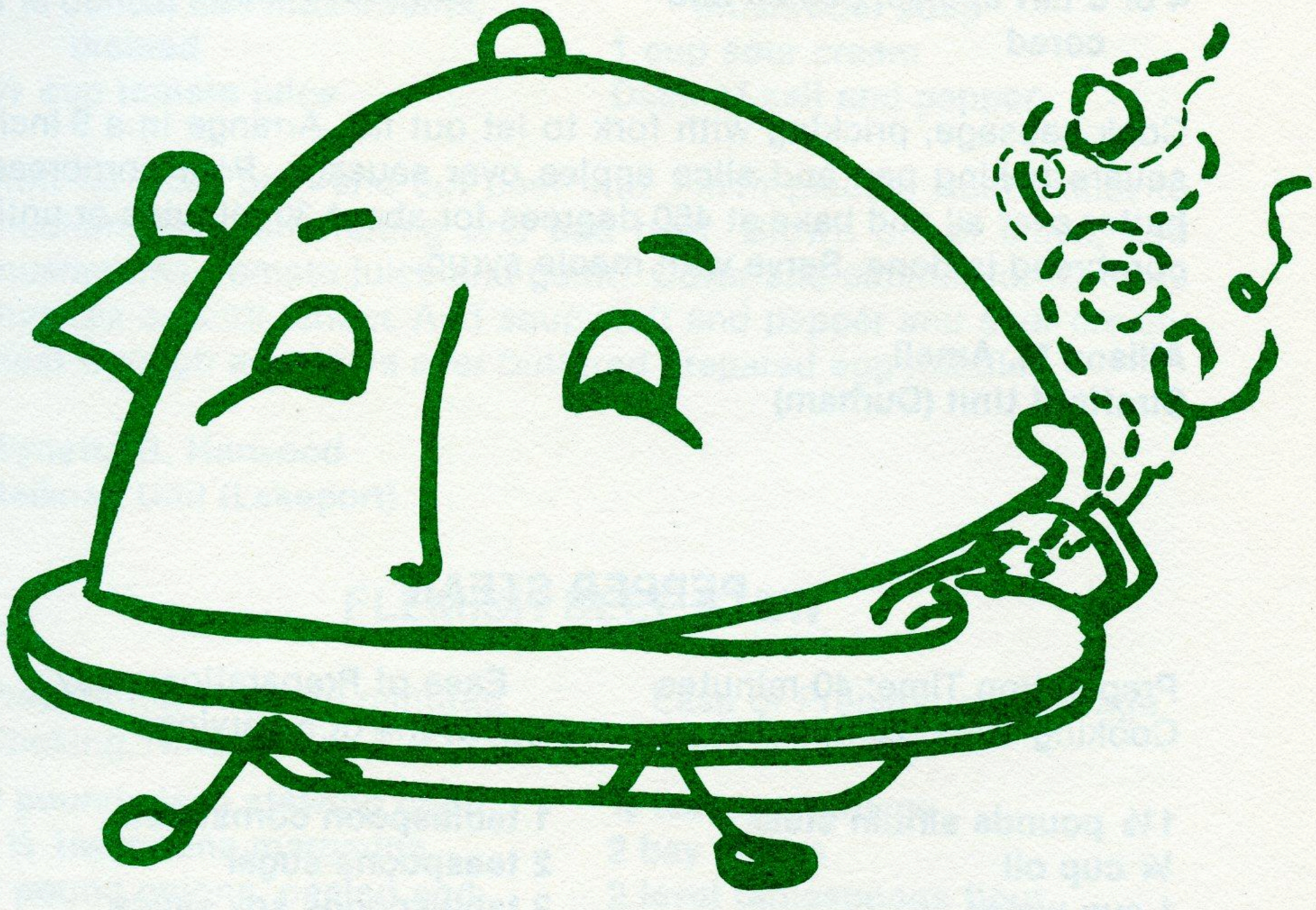
SPICE COFFEECAKE

Preparation Time: 5 to 10 minutes
Cooking Time: 30 minutes
Ease of Preparation: easy
Yield: 8 servings

1½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup firmly packed brown sugar
½ cup melted butter or shortening
1 egg
½ cup lukewarm water

Sift dry ingredients together; add brown sugar and melted shortening. Take out scant ½ cup of mixture and set aside. Add egg and water; stir. Pour batter into a greased 8-inch pie plate. Sprinkle reserved mixture over batter and bake at 350 degrees for 30 minutes.
Note: This batter is very thin. This recipe is so easy that you can call a friend to come over for coffee and mix the cake and bake it before she comes.

Frances Sokul
Sullivan Unit (Newport)



Main Dishes

PIGLET PUDDING

Preparation Time: 1 hour
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 4 or 5 servings

16 links pork sausage
4 or 5 tart apples, peeled and cored
1 recipe of cornbread or 1 box cornbread mix

Cook sausage, pricking with fork to let out fat. Arrange in a 9-inch square baking pan and slice apples over sausage. Pour cornbread batter over all and bake at 450 degrees for about 30 minutes or until cornbread is done. Serve with maple syrup.

Allison M. Amell
Strafford Unit (Durham)

PEPPER STEAK

Preparation Time: 40 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 4 or 5 servings

1½ pounds sirloin steak
¼ cup oil
1 cup water
1 medium onion, sliced
½ teaspoon garlic salt
¼ teaspoon ginger
2 medium green peppers, cut into strips
1 tablespoon cornstarch
2 teaspoons sugar
2 tablespoons soy sauce
2 medium tomatoes
Hot cooked rice

Cut meat into strips 2x¼-inch. Heat oil in large skillet or wok. Sauté meat in oil until browned (about 5 minutes). Stir in water, onion, garlic salt and ginger. Heat to boiling. Reduce heat and cover. Simmer for 5 to 8 minutes. Add green pepper strips during last 4 minutes. Blend cornstarch, sugar and soy sauce; stir into meat mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir for 1 minute. Cut each tomato into eighths; place on meat mixture. Cover and cook over low heat until tomatoes are heated through, about 3 minutes. Serve over hot, fluffy rice.

Lucy Gay
Hillsborough North Unit (Bedford)

BEEF STROGANOFF

Preparation Time: 30 minutes
Cooking Time: 50 minutes
Ease of Preparation: average
Yield: 4 servings

2 pounds beef
4 tablespoons shortening
1 (8-ounce) can mushrooms, drained
½ cup tomato juice
1 clove garlic, minced
1 (10½-ounce) can cream of mushroom soup
1 cup sour cream
Dash of salt and pepper

Trim fat from beef and cut beef into 1-inch pieces. Heat skillet to medium, melt shortening and add beef. Brown on all sides; add mushrooms, tomato juice and garlic. Cover and simmer for 30 to 40 minutes or until tender. Add soup, salt and pepper and sour cream. Heat through and serve over buttered prepared egg noodles.

Wynetta B. Harwood
Belknap Unit (Lakeport)

FLEMISH BEEF STEW

Preparation Time: 20 minutes
Cooking Time: 1½ to 2½ hours
Ease of Preparation: average
Yield: 4 servings

2 pounds lean stewing beef
1½ teaspoons margarine
1 pound onions, peeled and sliced
1 pint beer
Salt and pepper to taste
⅛ teaspoon thyme
2 bay leaves
2 level tablespoons flour
4 tablespoons water
4 teaspoons sugar
1 tablespoon wine vinegar

Cut beef into strips about 2x1-inch. Melt margarine in skillet and sauté meat until browned on all sides. Remove meat from skillet to a saucepan. Add onions to skillet and sauté for about 10 minutes or until lightly browned. Transfer onions to saucepan. Pour beer into skillet and stir well to remove any browned spots from bottom of skillet. Pour this liquid over beef and onions in saucepan, add salt, pepper, thyme and bay leaves and bring to a boil. Cover; reduce heat and simmer gently until meat is tender (1½ to 2½ hours). Blend flour with water to make a smooth paste and stir into saucepan along with sugar and wine vinegar. Cook, stirring constantly, until stew thickens, about 3 minutes. Serve hot over noodles or rice.

Bruce Marsette
Cheshire Unit (Keene)

CELERY WITH BEEF AND EGG-LEMON SAUCE

Preparation Time: 2 hours
Cooking Time: 1 hour, 45 minutes

Ease of Preparation: difficult
Yield: 4 to 6 servings

2 pounds boneless chuck
¼ cup oil
1 large onion, chopped
1 (15-ounce) can tomato sauce
1 cup water
1 teaspoon salt
½ teaspoon sugar
⅛ teaspoon pepper
1 bunch celery (2 pounds)
2 large eggs, separated
2 tablespoons lemon juice

Cut meat into small cubes (about 2 inches) and place in a 4-quart casserole or Dutch oven. Add oil and sauté over medium high heat until meat is brown. Add onions to meat and continue cooking until soft and golden. Add tomato sauce, water, salt, sugar and pepper and simmer on low for about 40 minutes. Wash celery, remove strings and cut each stalk into 2-inch pieces. Add celery to meat and continue cooking until celery is tender, about 30 minutes. Beat egg whites in small bowl until stiff; add yolks and mix until blended. Add lemon juice and mix well. Remove cooked celery mixture from heat. Slowly stir some of the hot liquid into the egg mixture, beating constantly. Pour sauce over celery/meat mixture and shake pot gently to distribute and thicken the sauce.

Lisa Rae Amos
Hillsborough North Unit (Bedford)

EASY BEEF STEW

Preparation Time: 20 minutes
Cooking Time: 2 hours

Ease of Preparation: easy
Yield: 4 servings

1 to 1¼ pounds cubed beef
¼ cup all-purpose flour
2 teaspoons salt (or less)
¼ teaspoon pepper
¼ teaspoon celery salt
1 teaspoon paprika
¼ cup shortening
2½ cups boiling water

Mix dry ingredients. Roll meat in mixture and brown in hot shortening in skillet. Stir in remaining flour mixture; add water and blend. Cover and simmer for 2 hours. Makes its own gravy.

Beverly C. Knights
Strafford Unit (Rochester)

OVEN-BAKED BEEF STEW

Preparation Time: 30 minutes
Cooking Time: 1½ hours

Ease of Preparation: average
Yield: 6 servings

1 (16-ounce) can tiny potatoes, drained
1½ pound beef stew or boneless chuck, cut into 1½-inch cubes
1 medium onion, sliced
1 teaspoon oil
1 (10½-ounce) can mushroom gravy
1 envelope dry onion soup mix
⅓ cup water
1 (10-ounce) package frozen peas

Slice potatoes; place half in a greased 2½ to 3-quart baking dish. Sauté meat with onion in oil, a few pieces at a time, until browned on all sides. Remove meat and onion as they brown to baking dish. Top with remaining potatoes. Combine gravy, onion soup mix and water and pour over meat and potatoes. Cover and bake at 350 degrees for 1½ hours. Stir in frozen peas and continue baking for 15 minutes longer or until meat is tender. *Note: Frozen peas with carrots may be used for more color and flavor.*

Ruth Stewart
Twin Rivers Unit (Hill)

SWEET AND SOUR MEATBALLS

Preparation Time: 10 minutes
Cooking Time: 1½ hours

Ease of Preparation: average
Yield: 8 servings

2 pounds ground chuck
2 eggs
1 cup applesauce
½ cup breadcrumbs
Salt and pepper to taste
½ cup grape jam
1½ cups chili sauce
1½ cups water
½ cup lemon juice

Mix first 5 ingredients and shape into small meatballs. Melt jam, chili sauce, water and lemon juice in saucepan. Pour over meatballs and bake in 325 degree oven for 1½ hours. Serve hot as appetizers or main dish.

Vera L. MacDougall
Grafton East Unit (Bristol)

EGGPLANT AND BEEF CASSEROLE

Preparation Time: 30 minutes
Cooking Time: 1 hour, 10 minutes

Ease of Preparation: average
Yield: 6 servings

8 tablespoons oil
2 pounds beef, cubed into ½-inch pieces
1 (2-pound) eggplant, peeled and thinly sliced
3 small onions, thinly sliced
6 tomatoes, peeled and chopped
2 green peppers, sliced
2 tablespoons grated Parmesan cheese
Dash of black pepper
2 teaspoons salt

Heat oil in heavy skillet and sauté beef on all sides until browned. Layer eggplant, beef, onions, tomatoes, and green peppers in 13x9x2-inch baking dish (or 3-quart, deep baking dish). Pour oil and drippings from skillet into dish and season all with salt and pepper. Cover, bake at 325 degrees for 1 hour. Remove cover, sprinkle on cheese, and continue baking for 10 minutes.

Barbara Dempsey
Hillsborough South Unit (Nashua)

ITALIAN MEATBALLS AND SAUCE

Preparation Time: 3½ hours
Cooking Time: 2 to 3 hours

Ease of Preparation: average
Yield: 6 to 8 servings

Meatballs:
1½ pounds ground beef (or a mixture of beef, pork and veal)
2 eggs, slightly beaten
½ cup breadcrumbs
1 tablespoon fresh or dried parsley
2 cloves garlic, minced
1 teaspoon sweet basil
1 teaspoon oregano
¼ cup grated Parmesan cheese
Salt and pepper to taste
1 tablespoon sugar

Mix meat, salt, pepper, basil, garlic, parsley and cheese well in medium bowl. Stir in eggs and breadcrumbs. Mix well. Wet hands slightly and form meatballs. Place on wax paper. Brown in skillet (preferably electric, set at 350 degrees), pour sauce over and cook for 2 or 3 hours.

Continued

Sauce:
1 clove garlic, minced
1 small onion, chopped
1½ teaspoons fresh or dried parsley
2 cloves garlic
1 green pepper, chopped
1½ teaspoons sweet basil
¼ cup oil
Salt and pepper to taste
3 (16-ounce) cans Italian tomatoes
3 (6-ounce) cans tomato paste
1 (13-ounce) can chicken broth
1 tablespoon sugar

Sauté garlic, onion, parsley, basil and green pepper in oil in heavy Dutch oven or large heavy saucepan. Mix tomatoes with sugar, salt and pepper and add to pan. Stir in chicken broth. Simmer for 1 hour over low heat. Add tomato paste, and 1 (6-ounce) can of water (if needed). Pour over meatballs. Continue simmering for at least 1½ hours.

Gracinda M. Hixon (Mrs. William)
Grafton North Unit (Littleton)

TAMALE PIE

Preparation Time: 30 minutes
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 8 servings

1 pound ground beef
2 tablespoons fat
2 large onions, sliced
2 teaspoons salt
1 (16-ounce) can tomatoes
Dash red pepper
1 green pepper, chopped
¼ teaspoon garlic salt
1 cup water
1 cup yellow cornmeal
1½ cups milk
2 tablespoons butter
2 eggs, slightly beaten
1 cup shredded American cheese

Brown beef in skillet with fat; add onion and cook until golden. Stir in tomatoes, peppers and other seasonings; simmer for 5 minutes. Stir in ½ cup cornmeal which has been mixed with 1 cup water. Cover and simmer for 10 minutes. Pour mixture into greased 3-quart baking dish and set aside. Heat milk slowly with salt and butter. Gradually stir in remaining cornmeal. Remove from heat and stir in eggs. Pour over casserole. Bake for 1 hour at 350 degrees. Remove from oven and sprinkle with cheese. Serve immediately.

Joni Stover
Belknap Unit (Laconia)

MONI'S MEAL-IN-A-DISH

Preparation Time: 45 minutes
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 8 to 10 servings

2 large onions, chopped
6 stalks celery, chopped
2 large green peppers, chopped
2 tablespoons butter
2 pounds ground beef
1 (8-ounce) can mushrooms with juice
1 pound Cheddar cheese, shredded
1 (9-ounce) package noodles
1 (4-ounce) jar stuffed olives with juice
2 (10-ounce) cans tomato soup
2 (6-ounce) cans tomato paste
1 cup tomato juice
1 clove garlic, minced
1 large bag potato chips, crushed

Cook noodles according to package directions. Set aside. Sauté onions, celery and green peppers in butter until tender. Remove from heat. Brown meat with garlic in separate skillet and combine all ingredients except cheese and potato chips. Stir in noodles. Pour in 2½ to 3-quart casserole dish and cover with cheese and potato chips. Bake for 1 hour at 350 degrees.

Moni Hurd
Sullivan Unit (Newport)

Make seasoned flour and keep handy to add to sauces and gravies, or to coat foods to be browned.

CHEESE AND PASTA IN-A-POT

Preparation Time: 15 to 20 minutes
Cooking Time: 35 to 40 minutes

Ease of Preparation: average
Yield: 4 to 6 servings

2 pounds ground beef
Oil
2 cups chopped onion
1 clove garlic, crushed
1 (14-ounce) jar spaghetti sauce
1 (16-ounce) can stewed tomatoes
1 (3-ounce) can mushrooms
1 (8-ounce) package shell macaroni
2½ cups sour cream
½ pound Provolone cheese
1½ pounds mozzarella cheese

Continued

Brown beef in small amount of oil in skillet; drain. Add onion, garlic, spaghetti sauce, tomatoes and undrained mushrooms. Simmer until onions are soft. Cook macaroni according to package directions; drain. Assemble casserole as follows: Grease 2-quart casserole dish and pour in half the macaroni, then half the sauce, half the sour cream and half the cheeses. Repeat layers, ending with mozzarella cheese on top. Cover. Bake at 350 degrees for 35 to 40 minutes. Uncover and continue baking until cheese melts and is slightly browned. Serve with a green salad and crusty bread.

Mary E. Cunningham
Southeastern Unit (Kingston)

PIZZA MEATLOAF PIE

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 6 servings

1 pound lean ground beef
⅔ cup skim milk
1 egg
½ cup seasoned Italian breadcrumbs
1 (6-ounce) can tomato paste
1 onion, thinly sliced
1 cup thinly sliced mushrooms
½ cup shredded mozzarella cheese
3 tablespoons grated Parmesan cheese
Salt, pepper and oregano to taste

In large mixing bowl, combine beef, milk, egg, breadcrumbs and 2 tablespoons tomato paste. Mix with hands until well-blended. Spray glass 9-inch pie plate with non-stick spray and spread mixture in bottom and up sides to form a crust. Spread remaining tomato paste over surface of meat mixture. Arrange onion and mushrooms over top; sprinkle evenly with cheeses. Sprinkle with salt, pepper and oregano. Place plate on bottom rack of preheated 375 degree oven. Bake, uncovered, for 30 minutes or until crusty. Let stand for 5 to 10 minutes before cutting. (230 calories per serving)

Mrs. Robert M. Love (Diana)
Sullivan Unit (Claremont)

MEATLOAF WITH PEACHES

Preparation Time: 20 minutes
Cooking Time: 40 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

1 pound ground beef
1 cup soft breadcrumbs
½ cup milk
1 egg, slightly beaten
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon celery salt
1 small onion, finely chopped

Shape all ingredients into a meatloaf, pat into 9x5x3-inch loaf-size glass baking dish and bake at 350 degrees for 40 minutes.

Topping:
1 (16-ounce) can sliced peaches, drained
Whole cloves
⅓ cup catsup
2 tablespoons brown sugar
1 tablespoon lemon juice

Arrange drained peach slices over top of meatloaf. Stick with whole cloves. Mix sauce ingredients and drizzle over peaches. Return to oven and continue baking for 20 minutes.

Emmy Pouliot
Androscoggin Unit (Berlin)

BEEF NOODLE CASSEROLE

Preparation Time: 10 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 4 to 6 servings

1 pound ground beef, well-browned
1 (10-ounce) package frozen peas and onions
1 small onion, finely chopped
½ cup chopped celery
1 cup bean sprouts, drained
1 (10½-ounce) can cream of mushroom soup
1 (3-ounce) can chow mein noodles

Grease a 2-quart casserole dish and layer ingredients in order listed. Bake in a 375 degree oven for 1 hour, or until hot and bubbly.

Mrs. Doris Tardiff
Androscoggin Unit (Milan)

FOUR LAYER DINNER

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

1 (15½-ounce) can green beans
8 slices leftover ham *or*
1 (12-ounce) can luncheon meat, sliced
1 (10½-ounce) can cream of celery soup
¼ cup mayonnaise
1 teaspoon prepared mustard
¼ cup fine dry breadcrumbs
¼ cup shredded Cheddar cheese

Preheat oven to 350 degrees. Drain beans and place in bottom of a greased 8-inch square baking dish (or a 1½-quart casserole). Top with slices of ham or luncheon meat. Combine soup, mayonnaise and mustard. Pour mixture over ham and beans. Top with breadcrumbs and cheese. Bake for 30 minutes.

Jeannette Fortier
Androscoggin Unit (Berlin)

JACKSON CASSEROLE

Preparation Time: 20 minutes
Cooking Time: 20 to 25 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

1 pound link pork sausage, cut into 1-inch pieces *or*
1 pound bulk pork sausage, cut into thin slices
½ cup chopped onions
½ cup chopped green pepper
1 (16-ounce) can tomatoes
1½ teaspoons chili powder
1 cup sour cream
1 cup elbow macaroni (raw)
1 tablespoon sugar
½ teaspoon salt

Cook sausage, onion and peppers in skillet for about 10 minutes. Drain, add tomatoes, sour cream, macaroni, sugar, salt and chili powder. Cover and simmer for 20 to 25 minutes or until macaroni is tender. Serve hot.

Eleanor Shadis
Sullivan Unit (Newport)

CHOUCROUTE GARNI

Preparation Time: 30 minutes
Cooking Time: 2½ hours

Ease of Preparation: average
Yield: 10 to 12 servings

6 slices bacon, chopped
2 large onions, chopped
2 carrots, thinly sliced
4 pounds sauerkraut (preferably fresh), washed in cold water and squeezed dry
2 cups dry white wine
2 cups chicken broth
Bouquet garni: (tie the following together in cheesecloth square)
6 sprigs parsley
2 bay leaves
8 peppercorns, bruised
8 juniper berries, bruised

Butter
2 or 3 pounds assorted meats, cut into bite-size pieces (smoked pork chops, sausages such as knockworst, kielbassa, fresh pork, leftover ham or pork roast. Roast duck or goose leftovers are a particularly pleasing addition.)

Preheat oven to 325 degrees. Sauté bacon briefly in heavy ovenproof baking dish. Add 1 chopped onion and carrots and cook until onion wilts. Add sauerkraut and mix well. Stir in wine and broth. Bury the bouquet garni in center of mixture. Cover casserole and bring to a boil; place in oven and bake for 1 hour. While this is cooking, brown remaining onion in a little butter, add meats and brown well. Add to cooked kraut, burying the meat in pan juices. Return to oven for another 1 hour. Before serving, remove bouquet garni and season with salt and pepper, if desired.

Alma G. Smith
Belknap Unit (Laconia)

Shape herb butter into a roll about 1 inch in diameter, wrap well, and keep in freezer, ready to slice easily and add to waiting steak, vegetables, etc.

BASIC MARINADE

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: enough for 2 or 3 pounds meat

¼ cup red wine vinegar
2 tablespoons oil
2 teaspoons soy sauce
2 teaspoons catsup
¼ teaspoon garlic powder
1 small onion, minced

Combine all ingredients together in container and blend well. Use for marinating beef, pork, or chicken. Marinate for 3 or 4 hours, turning several times, in refrigerator. Marinade may be used for basting sauce while broiling or grilling.

Audrey Shepard
Sullivan Unit (Newport)

ELSIE'S PORK CHOPS WITH SWEET SAUCE

Preparation Time: 30 minutes
Cooking Time: 10 to 15 minutes

Ease of Preparation: easy
Yield: 10 servings

10 pork chops
3 tablespoons fat
6 tablespoons chopped onions
4 tablespoons brown sugar
2 tablespoons lemon juice
¾ cup catsup
¾ cup chili sauce
1½ teaspoons dry mustard
2 teaspoons salt
1 cup water

Brown chops in hot fat in large skillet. Add onion and brown lightly. Stir in remaining ingredients. Place in pressure saucepan with heat set on high until pressure control jiggles. Reduce heat and set timer for 10 minutes. Remove from heat and reduce pressure instantly, following manufacturers directions for pressure saucepan. Serve immediately. *Note: Excellent served with mashed potatoes or rice.*

Elizabeth A. Mettler
Sullivan Unit (Claremont)

FRICASSE PORK CHOPS

Preparation Time: 15 minutes
Cooking Time: 1½ hours

Ease of Preparation: average
Yield: 6 servings

6 medium pork chops
½ teaspoon poultry seasoning
1½ teaspoons salt
¼ teaspoon ground black pepper
2 cups thinly sliced onions
2 cups thinly sliced fresh tomatoes

Brown chops in skillet on both sides in some of the fat trimmed from them. Place in a 12x8x2-inch baking dish. Mix seasonings together and sprinkle half over chops. Top with sliced onions and tomatoes; sprinkle with remaining seasonings. Bake, covered, in a preheated 350 degree oven for 1½ hours or until chops are tender.

Elaine Perkins
Rockingham West Unit (Londonderry)

BAKED STUFFED PORK CHOPS

Preparation Time: 30 minutes
Cooking Time: 1 hour, 50 minutes

Ease of Preparation: average
Yield: 6 servings

6 double pork chops
2 medium cooking apples
1 medium onion
2 stalks celery
2 teaspoons chopped parsley
1½ teaspoons salt
½ teaspoon pepper
½ teaspoon sage or poultry seasoning
½ teaspoon thyme

Preheat oven to 350 degrees. Trim pork chops well and cut a deep slash in meaty side of each chop. Finely chop apples (peels left on), onions, and celery; mix with parsley, salt, pepper, sage and thyme. Spoon as much stuffing as possible into each pocket—do not tie or skewer. Place in a greased 13x9x2-inch baking pan with cover (or use aluminum foil). Sprinkle with salt, pepper and sage. Cover and bake for 1 hour, 15 minutes. Remove cover and bake another 20 minutes or until chops are browned.

Pearl Hawes
Connecticut Lakes Unit (Pittsburg)

CHINESE BARBECUED SPARERIBS

Preparation Time: 1 hour, 15 minutes
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 3 or 4 servings

6 or 8 meaty spareribs
5 tablespoons soy sauce
3 tablespoons Hoisin sauce
1 tablespoon ground bean sauce
¼ teaspoon 5-spice powder
2 tablespoons sugar
½ teaspoon grated ginger root
2 tablespoons sherry
2 cloves garlic, crushed
1 teaspoon red food coloring

Mix all ingredients well in order listed in small mixing bowl. Marinate ribs in a mixture for at least 1 hour. Bake for 1 hour in 325 degree oven on rack over a 13x9x2-inch pan. Turn ribs after 30 minutes of baking. Pan may be lined with foil for easier cleanup.

Deborah Clark Batchelder
Grafton East Unit (North Woodstock)

FRANKFURTERS BAVARIAN

Preparation Time: 10 to 15 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 6 servings

1½ pounds frankfurters
2 tablespoons fat
1 large onion, minced
¾ teaspoon salt
3 tablespoons paprika
¼ teaspoon pepper
2 cups sour cream

Cut frankfurters diagonally into chunks. Brown in hot fat in chafing dish or large skillet. Add remaining ingredients, except sour cream, and cook slowly until onion is tender, stirring frequently. Add sour cream and heat through, stirring constantly. Serve at once.

Emily Bristol
Kearsarge Lake Sunapee Unit (New London)

HASENPFEFFER DRYGALA HAUS STYLE

Preparation Time: ½ hour
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 4 servings

2 or 3 pound package cut up rabbit
1½ teaspoons salt
4 tablespoons butter
1 medium-sized onion
4 whole cloves
1½ cups Burgundy wine
1 tablespoon lemon juice
2 dozen (24) green peppercorns

Bouquet garni: (tied in square of cheesecloth)
Sprigs of parsley
bayleaf
thyme
3 cups stock or bouillon
2 tablespoons butter
1 tablespoon flour
Red currant jelly

Rinse rabbit parts in cold water and pat dry. Rub with salt. Sauté in 3 tablespoons butter in skillet until browned, about 30 minutes. Place in casserole dish; add onion stuck with cloves, ¾ cup wine, lemon juice, peppercorns, bouquet garni and stock. Cover and bake at 350 degrees for 30 minutes. Melt remaining tablespoon butter and blend with flour; stir into hot mixture. Add remaining wine. Return to oven, covered, and bake for 30 minutes longer. Remove rabbit and place on serving platter. Strain gravy and pour over meat. Serve with currant jelly.

Rainer M. Drygala, C.W.C.
Hillsborough North Unit (Bedford)

SAUTÉED VEAL SCALLOPS WITH CREAM SAUCE

Preparation Time: 20 minutes
Cooking Time: 10 minutes

Ease of Preparation: average
Yield: 4 servings

8 veal scallops, cut ½-inch thick (about 2 pounds)
Salt
Freshly ground pepper
Flour
3 tablespoons butter
1 tablespoon oil
2 tablespoons finely chopped shallots
½ cup dry white wine
½ cup heavy cream

Continued

Pound scallops to about ¼-inch thickness; season with salt and pepper. Roll in flour and shake to remove excess. In a medium skillet, melt butter with oil over moderate heat. Brown veal scallops 3 or 4 minutes on each side. Remove and set aside. Pour off almost all fat leaving just enough to make a thin film in skillet. Stir in shallots and cook slowly. Pour in wine and bring to a boil, stirring any browned bits that cling to bottom of pan up. Boil for 3 or 4 minutes, or until wine is reduced to about ¼ cup. Reduce heat and stir in cream; simmer for 3 minutes to thicken sauce. Return veal to skillet and baste with sauce, cooking long enough to heat through. Arrange attractively on serving platter and pour sauce over all. Serve at once.

Barbara Desjardins
Greater Portsmouth Unit (Rye)

VEAL PARMIGIANA
(Microwave)

Preparation Time: 30 minutes
Cooking Time: 30 minutes
Ease of Preparation: average
Yield: 4 to 6 servings

1 (16-ounce) can tomatoes, drained
1 (3-ounce) can tomato paste
½ teaspoon onion flakes
1 teaspoon lemon juice
6 veal cutlets
1 cup plain breadcrumbs
1 cup grated Parmesan cheese
1 egg
1 tablespoon milk
Flour
¼ to ½ cup shredded mozzarella cheese
¼ to ½ cup shredded Cheddar cheese
¼ cup grated Parmesan cheese

Mix tomatoes with tomato paste, lemon juice and onion flakes in medium saucepan. Place over heat and bring to a boil, stirring until fairly smooth. Set aside. Pound veal and roll in flour. Dip in mixture of egg and milk and then dredge in a mixture of breadcrumbs and 1 cup Parmesan cheese. Pat on mixture to coat both sides of veal. Set aside on rack or wax paper for 15 minutes. Place veal in microwave proof baking dish and microwave, covered with wax paper, on medium-high for 10 to 12 minutes. (Turn dish after 6 minutes.) Remove from oven, turn veal over and spoon some tomato sauce over each piece. Sprinkle evenly with mixture of cheeses and microwave at medium-high for 16 minutes, turning dish one-half turn after 7 minutes. Serve hot.

Diane L. Roberson
Greater Portsmouth Unit (Stratham)

CHICKEN STRATA

Preparation Time: 10 minutes
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 4 to 6 servings

5 to 7 pieces toast, cubed (or croutons)
2 cups cubed cooked chicken breasts
½ cup chopped onion
½ cup chopped celery
½ cup mayonnaise
¾ teaspoon salt
Dash of pepper
3 eggs
1½ cups milk

Butter a 13x9x2-inch baking dish generously; layer toast cubes or croutons on bottom. Cover with cooked chicken. Mix onions, celery, mayonnaise, salt and pepper well and spread over chicken. Beat eggs with milk and pour over casserole. Refrigerate, covered, overnight.

Next day:

1 (10½-ounce) cream of mushroom soup
½ cup cheddar cheese
½ cup slivered almonds
½ cup buttered Italian bread crumbs

Spoon mushroom soup over casserole, sprinkle with cheese, almonds and breadcrumbs. Bake at 325 degrees for 1 hour. Serve hot.

Mary Mullen
Belknap Unit (Laconia)

NO PEAK CHICKEN

Preparation Time: 10 minutes
Cooking Time: 2½ hours
Ease of Preparation: easy
Yield: 4 or 5 servings

1 (8-ounce) box wild rice mix
1 (10½-ounce) can cream of mushroom soup
1 (10½-ounce) can cream of celery soup
1 soup can of water
Dash of curry powder
6 to 8 pieces chicken
1 envelope dry onion soup mix

Lightly grease 13x9x2-inch baking dish. Mix rice, soups, water and curry and pour into casserole. Place chicken over top; sprinkle with onion soup mix. Seal tightly with foil and bake at 350 degrees for 2½ hours—DO NOT PEAK!

Mrs. Robert Burnell (Betty)
Rockingham West Unit (Atkinson)
Similar recipe submitted by: Lorraine Gordon
Greater Portsmouth Unit (Portsmouth)

CHICKEN CUTLETS PARMIGIANA

Preparation Time: 1 hour
Cooking Time: 1 hour

Ease of Preparation: average
Yield: 6 servings

3 whole chicken breasts, split, skinned and boned to make 6 cutlets
2 eggs
¾ cup milk or light cream
2 cups bread crumbs
Salt and freshly ground pepper to taste
½ teaspoon basil
3 tablespoons grated Parmesan cheese
¾ cup all-purpose flour
½ cup olive oil
Grated Parmesan cheese
6 slices mozzarella or Monterey Jack cheese

Beat eggs and milk or cream together lightly. Mix breadcrumbs with salt, pepper, basil and cheese. Dip cutlets in flour, then in beaten egg and milk and finally in crumb mixture. Place between sheets of wax paper and refrigerate while preparing tomato sauce.

Tomato Sauce:

6 cloves garlic
2 cups tomato purée
1 (6-ounce) can tomato paste
1½ teaspoons basil
1 teaspoon salt
½ teaspoon freshly ground pepper
Sugar, if desired

Blanch garlic in boiling water for 5 minutes and peel. Combine with tomato purée, tomato paste and seasonings. Bring to a boil and simmer for 10 minutes. Correct seasonings and add small amount of sugar if sauce is too acid. Remove cutlets from refrigerator. Heat enough oil in heavy skillet to cover bottom to a depth of ¼-inch. Cook cutlets slowly at a low temperature being careful not to burn the breading. When nicely browned on one side, turn to brown other side. Spread a layer of sauce in a 13x9x2-inch baking dish and arrange cutlets on top. Spoon additional sauce over cutlets and place a slice of mozzarella or Jack cheese atop each cutlet. Sprinkle generously with Parmesan. Bake at 400 degrees for 45 minutes. Serve with pasta and a salad.

Dory Simones
Grafton East Unit (Plymouth)

COUNTRY-STYLE CHICKEN KIEV

Preparation Time: 15 minutes
Cooking Time: 1 hour, 15 minutes
Ease of Preparation: average
Yield: 4 servings

½ cup breadcrumbs
2 tablespoons Parmesan cheese
1 teaspoon basil
1 teaspoon oregano
½ teaspoon garlic salt
½ teaspoon salt
2 whole chicken breasts, split
⅔ cup butter, melted
¼ cup white wine or apple juice
¼ cup chopped green onion
¼ cup chopped fresh parsley

Combine bread crumbs, Parmesan cheese, basil, oregano, garlic salt and salt. Dip chicken pieces in butter. Set remaining butter aside. Roll chicken in crumbs and place, skin side up, in a 1½-quart greased shallow baking dish. Bake at 375 degrees for 50 to 60 minutes. Add remaining ingredients to butter and pour over baked chicken. Bake for 2 to 3 minutes more.

Lorraine E. Gordon
Greater Portsmouth Unit (Portsmouth)

CHICKEN BREAST DIVINE

Preparation Time: 45 minutes
Cooking Time: 40 minutes
Ease of Preparation: easy
Yield: 6 to 8 servings

4 boned chicken breasts (8 halves)
3 tablespoons butter
1 large onion, chopped
1 cup thinly sliced fresh mushrooms
½ large green pepper, chopped
8 slices Swiss cheese
1 (10½-ounce) can cream of mushroom soup
1 (10½-ounce) can cream of chicken soup
Salt and pepper to taste

Preheat oven to 350 degrees. Melt butter in skillet and sauté onion, mushrooms and pepper for about 3 or 4 minutes. Flatten chicken breasts by pounding between sheets of wax paper. Spoon sautéed vegetables into middle of each chicken breast, sprinkle with salt and pepper and cover with a piece of Swiss cheese. Fold breast over in half and place in a shallow baking dish. Pour soups over chicken. Bake at 350 degrees for 40 minutes, basting with sauce occasionally. Serve hot, placing a few sliced mushrooms over top for garnish.

Ada Wingate
Rockingham West Unit (Londonderry)

CHICKEN SALTENBOCCA

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 3 to 6 servings

3 large chicken breasts, halved and boned
6 thin slices boiled ham
3 thin slices mozzarella cheese, halved
½ teaspoon sage
⅓ cup fine dry breadcrumbs
2 tablespoons parsley
2 tablespoons grated Parmesan cheese
4 tablespoons melted butter

Place chicken, boned side up, on a cutting board. Cover with wax paper. Pound from center out with a mallet to 5x5-inch square. Remove paper. Place a ham slice and ½ cheese slice over each cutlet. Tuck in sides and wrap jelly-roll style, pressing to seal well. Dip in butter, then in crumbs mixed with seasonings. Place in shallow 1½-quart baking dish, cover and bake at 350 degrees for 45 minutes. *Note: A few tablespoons of dry white wine may be added to baking dish before placing in oven.*

Marjorie Oppold
Hillsborough South Unit (Nashua)

ENTERTAINING CHICKEN

Preparation Time: 15 minutes
Cooking Time: 4 hours

Ease of Preparation: easy
Yield: 4 servings

¼ to ½ pound dried beef
4 strips bacon
4 pieces chicken (preferably breasts)
1 cup sour cream
1 (10½-ounce) can cream of mushroom soup
Pepper
Paprika

Butter a 12x8x2-inch baking dish generously. Cover bottom of dish with layer of dried beef. Skin chicken parts (bone if using breasts) and wrap each with a strip of bacon. Place chicken in dish and season with pepper. Mix together sour cream and mushroom soup. Spoon over chicken. Sprinkle with paprika. Bake at 250 degrees for 4 hours. *Note: To double recipe, double all ingredients except dried beef.*

Ellie Taylor
Kearsarge Lake Sunapee Unit (New London)

BAKED CHICKEN RUBEN

Preparation Time: 15 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 8 servings

8 chicken breast halves, skinned and boned
¼ teaspoon salt
⅛ teaspoon pepper
1 (16-ounce) can sauerkraut, drained and squeezed dry
8 slices Swiss cheese
1¼ cups Thousand Island dressing
1 tablespoon chopped parsley

Place chicken breasts in greased 13x9x2-inch baking dish. Sprinkle with salt and pepper. Divide sauerkraut into 8 portions and place one portion on each chicken breast. Place one slice cheese over kraut; pour dressing evenly over all. Cover with foil and bake at 350 degrees for 1 hour or until fork-tender. Sprinkle with parsley before serving.

Mrs. Aileen R. Byers
Strafford Unit (Durham)

HONOLULU SOY KABOBS

Preparation Time: 2 hours
Cooking Time: 10 minutes

Ease of Preparation: average
Yield: 4 to 6 servings

2 pounds chicken breasts, cut into bite-size pieces
¼ cup soy sauce
¼ cup pineapple juice
¼ cup oil
½ teaspoon dry mustard
1 tablespoon brown sugar
½ teaspoon ground ginger
1 teaspoon garlic salt (or 1 clove minced garlic and 1 teaspoon salt)
¼ teaspoon freshly ground pepper

Mix all ingredients except chicken together for marinade. Pour into saucepan and simmer over medium heat for 5 minutes. Cool. Stir into chicken and marinate 1 to 2 hours. Alternate on skewers with pieces of pineapple, green peppers, mushrooms, zucchini, onion and cherry tomatoes. Grill or broil for 10 minutes. *Note: To cut up chicken more easily, freeze slightly first.*

Mrs. Charles Guest (Edna)
Sullivan Unit (Cornish)

PEACH CHICKEN RIDGEWOOD

Preparation Time: 45 minutes
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 4 servings

2 chicken breasts, halved, boned and pounded slightly
4 tablespoons butter
1 tablespoon oil
1 tablespoon chopped onion
½ pound mushrooms, sliced
2 slices raisin bread, finely chopped
¼ teaspoon basil
1 tablespoon parsley
1 tablespoon heavy cream
¼ cup beach brandy
1 tablespoon flour
1 cup chicken broth
½ cup peach syrup
4 peach halves, drained

Using 1 tablespoon butter and oil sauté chicken breasts until done. Remove from pan and set aside. In same pan, sauté onion in 1 tablespoon butter for 2 minutes; add mushrooms and continue cooking, adding more butter if necessary. Add basil, parsley and breadcrumbs; mix well. Remove from pan and set aside. Deglaze pan with brandy; reduce by ⅔ at medium high heat. Meanwhile, in another saucepan, make a roux with flour and 1 tablespoon butter. Stir in chicken broth and peach syrup. When sauce is thickened, transfer to pan with brandy and whisk well until smooth. Remove chicken breasts to an ovenproof baking dish and mound ¼ stuffing on each breast. Top with inverted peach half, arrange attractively and pour sauce over top. Bake at 350 degrees for 10 minutes. Serve immediately.

Jeffrey Clarke
Cheshire Unit (Keene)

A little curry powder added to the flour used to dredge chicken before frying makes a great variation.

Add ½ tsp. dried savory, sage, or marjoram to dry ingredients when preparing a crust for a meat pie or quiche.

Chili powder is a very useful seasoning and usually includes chili peppers, cumin, garlic, oregano and salt.

SPAGHETTI AND CHICKEN BREASTS

Preparation Time: 1¾ hours
Cooking Time: 1½ hours

Ease of Preparation: average
Yield: 4 servings

2 chicken breasts, split into 4 halves
½ cup oil
1 medium onion, chopped
3 (8-ounce) cans tomato sauce
½ cup water
1 teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon sugar
¼ teaspoon pepper
1 (16-ounce) package spaghetti

Place chicken breasts in a 5-quart Dutch oven or heavy pot and sauté in oil until golden brown. Add chopped onion and cook until tender. Pour tomato sauce over all and add remaining ingredients, except spaghetti. Simmer over low heat for about 1 hour or until done. Cook spaghetti according to package directions. Drain well; place spaghetti into pot with chicken breasts and mix gently. Simmer for a few minutes and serve hot. Sprinkle with Romano cheese.

Lisa Rae Arnos
Hillsborough North Unit (Bedford)

CHICKEN IN SOUR CREAM

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

2 cups sour cream
¼ cup lemon juice
1 tablespoon Worcestershire sauce
2 teaspoons celery salt
2 teaspoons paprika
1 clove garlic, pressed
1 teaspoon pepper
3 whole chicken breasts, split and skinned
¾ cup breadcrumbs
½ cup melted butter

Combine sour cream with lemon juice, Worcestershire sauce, celery salt, paprika, garlic and pepper in large, deep bowl. Add chicken pieces and coat well. Marinate overnight, covered. When ready to cook, remove meat and roll in breadcrumbs. Arrange in 13x9x2-inch baking dish and drizzle with melted butter. Sprinkle with paprika or parsley if desired. Bake, uncovered, at 350 degrees for 45 minutes or until fork-tender. Serve with warmed, leftover marinade, if desired.

Miriam Regan
Carroll North Unit (Intervale)

CHICKEN DIVAN

Preparation Time: 45 minutes
Cooking Time: 30 minutes
Ease of Preparation: easy
Yield: 8 servings

3 chicken breasts
2 (10-ounce) packages frozen broccoli spears (or fresh)
1 (10½-ounce) can cream of chicken soup
⅔ cup mayonnaise
⅓ cup evaporated milk
½ cup grated cheese
1 teaspoon lemon juice
¼ teaspoon curry powder, optional

Cook chicken breasts and remove meat from bones. Cook broccoli until almost tender. Layer broccoli and chicken in a 12x8x2-inch baking dish. Combine remaining ingredients and pour over top. Bake at 350 degrees for 30 minutes.

Bette M. Hastings
Sullivan Unit (Claremont)
Similar recipe submitted by: Cynthia Sanborn
Belknap Unit (Laconia)

CHICKEN PAPRIKA WITH RICE PILAF

Preparation Time: 15 to 20 minutes
Cooking Time: 1 hour
Ease of Preparation: easy
Yield: 4 servings

4 to 6 pieces chicken
½ cup chopped onion
2 tablespoons olive oil
1 to 2 tablespoons paprika
1 teaspoon salt
Dash of pepper
2 (10-ounce) cans tomato sauce

Split chicken pieces but do not remove skin. Sauté onions in oil; add paprika, salt, pepper and brown chicken pieces well. Add tomato sauce to cover. Simmer, covered, for 45 minutes to an hour. Serve hot on bed of rice pilaf.

Rice Pilaf:
1 cup rice
Salt and pepper to taste
1 tablespoon butter
2 cups boiling water

Place rice, butter, salt and pepper in covered baking dish. Add boiling water. Bake at 350 degrees for 25 minutes.

Lorraine Parsons Bowen
Hillsborough North Unit (Manchester)

CHICKEN AND SQUASH CASSEROLE

Preparation Time: 10 minutes
Cooking Time: 30 to 40 minutes

Ease of Preparation: easy
Yield: 6 servings

1 whole chicken or 3 to 4 chicken breasts
2 pounds summer squash, sliced thin
1 cup sour cream
1 can cream of mushroom soup
1 (12-ounce) box dry herb-seasoned stuffing mix
1 green pepper, chopped
½ cup butter or margarine

Boil chicken until tender and remove from bones. Cut into bite-size pieces. Layer half the chicken in a greased 13x9x2-inch baking pan. Melt butter, add stuffing mix and toss. Combine squash, sour cream, soup and pepper. Spread half the squash mixture over chicken in pan; add half the stuffing; repeat layers, ending with stuffing mix. Bake at 350 degrees for 30 to 40 minutes.

Cynthia Sanborn
Belknap Unit (Laconia)
Variations submitted by: Alberta Knapp
Greater Portsmouth Unit (Portsmouth)
Mrs. Paula Layman
Carroll North Unit (Conway)

GLADYS' CHICKEN CASSEROLE

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 6 servings

5 cups cooked, cubed chicken
2 (10½-ounce) cans cream of mushroom soup
½ cup water
1 (7-ounce) can water chestnuts, sliced
1 (4-ounce) can chopped mushrooms
1 (2-ounce) can chopped pimentos
Shredded American cheese
½ cup margarine
1½ to 2 cups dry herb or chicken stuffing mix

Mix chicken, soup, water chestnuts, mushrooms and pimentos in medium bowl. Spoon into a greased 13x9x2-inch baking dish. Add a layer of cheese. Sauté dressing crumbs with margarine and sprinkle over top. Bake at 350 degrees for 30 minutes.

Gladys Roe
Sullivan Unit (Newport)

CURRIED HAWAIIAN EGGS IN RICE BEDS

Preparation Time: 15 to 20 minutes
Cooking Time: 15 to 20 minutes
Ease of Preparation: average
Yield: 12 servings

***Make coconut milk night before serving:**

1 (14-ounce) package sweetened flaked coconut
1½ quarts whole milk

In a double boiler, heat milk until warm; stir in coconut. Remove from heat and refrigerate overnight. Next morning strain through colander and place near stove to be used for making curried cream sauce.

Curried Cream Sauce:

½ cup all-purpose flour
1½ tablespoons curry powder
½ cup peanut oil
2 large onions, chopped
1 clove garlic, minced
1 teaspoon salt
6 eggs, beaten
1 teaspoon salt
½ cup oil
⅓ to ½ cup ginger preserves
3 cups or more coconut milk
1 (20-ounce) can chunk pineapple, drained
1 cup peanut halves

In a mixing bowl, blend curry powder and flour. Set near stove to be used for making sauce. In a large skillet, sauté onion and garlic in oil with 1 teaspoon salt until onions are transparent. Add eggs and salt and stir to keep from sticking (add more oil as necessary). Allow eggs to "fry" into large chunks about 1½-inches. Cook until dry. Pour remaining oil and curried flour mixture into eggs. Stir constantly until flour is cooked (3 to 5 minutes). Stir in ginger preserves to melt and mix quickly to prevent mixture from caramelizing. Stir in 3 or more cups coconut milk immediately, one cup at a time to make a thick sauce. Do not overcook or burn. Pour mixture into a heat-proof serving dish. Top with halved pineapple chunks and place in oven to keep warm until serving time. Just before serving, sprinkle with peanuts. Scoop sauce onto rice beds or place sauce in chafing dish with a side dish of rice at the table. Serve with the following condiments:

chopped green onions
chopped bell peppers
chopped or whole raisins
chutney
more pineapple chunks
more peanuts

Joan T. Littlefield
Sullivan Unit (Claremont)

FRENCH HAM AND CHEESE FONDUE

Preparation Time: 30 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 6 servings

3 cups cubed French bread
3 cups cubed cooked ham
½ pound Cheddar cheese, cut into 1-inch cubes
3 tablespoons flour
1 tablespoon dry mustard
3 tablespoons melted butter or margarine
4 eggs
3 cups milk
Few drops hot pepper sauce

Make a layer of ⅓ of the bread, ham and cheese cubes in a buttered 13x9x2-inch baking dish. Mix flour and mustard in a cup; sprinkle about 1 tablespoon of this over casserole and then drizzle with about 1 tablespoon of melted butter. Repeat with all layers (twice). Beat eggs with milk and hot pepper sauce until light and fluffy in small bowl. Pour over casserole, cover and chill at least 4 hours or overnight. Bake, uncovered, in a 350 degree oven for 1 hour or until puffed and golden. Serve at once.

Mrs. Gina Brantham
Sullivan Unit (Newport)

SUNDAY SOUFFLÉ

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

8 slices white bread, quartered and buttered
½ pound sliced Cheddar cheese
2½ cups milk
6 eggs, beaten
1 teaspoon salt
½ teaspoon dry mustard
Pepper to taste

Butter a 13x9x2-inch baking dish. Place half of bread over bottom of dish. Layer with cheese, then another layer of bread.. Top with mixture of milk, eggs, salt, pepper and dry mustard. Let stand, covered, overnight in refrigerator. Next day, bake at 350 degrees, uncovered, for 45 minutes or until crispy, brown and fluffy. Serve immediately with sausages and bacon.

Mrs. Nelson Roy (Pauline)
Hillsborough North Unit (Bedford)

NEW ENGLAND FISH CHOWDER

Preparation Time: 45 minutes
Cooking Time: 35 to 40 minutes

Ease of Preparation: average
Yield: 6 servings

2 pounds haddock
2 cups water
2 ounces salt pork, diced
2 large onions, sliced
4 large potatoes, cut into bite-size cubes
1 cup chopped celery
1 bay leaf
1 (13-ounce) can evaporated milk *or*
1 quart fresh milk
2 tablespoons butter
1 teaspoon salt
Freshly ground black pepper

Simmer haddock in water for 15 minutes. Drain. Reserve broth. Bone fish if necessary. Place potatoes into a chowder kettle and add fish broth. Par-boil over low heat until potatoes are soft. Sauté diced pork until crisp. Remove from skillet and set aside. Sauté onions and celery in pork fat until tender and lightly browned. Add to chowder kettle with fish, bay leaf, salt and pepper. Add enough boiling water to make 3 cupfuls of liquid. Simmer slowly for about 30 minutes. Remove bay leaf, add milk and butter and simmer for 5 minutes more. Serve chowder sprinkled with diced pork.

Jane Burke, RN
Hillsborough South Unit (Merrimack)

ESCALLOPED SEAFOOD

Preparation Time: 1 hour
Cooking Time: 40 minutes

Ease of Preparation: easy
Yield: 8 to 10 servings

1½ cups seafood (crab or langostinos)
1 cup soft breadcrumbs
1 cup milk or cream
2 eggs, beaten
2 tablespoons butter
½ teaspoon dry mustard
1 jigger cooking sherry *or*
1 tablespoon lemon juice
Salt and pepper to taste

Mix ingredients in order given in large bowl. Spread into a buttered baking dish and sprinkle with crumbs. Bake at 350 degrees for 40 minutes.

Beverly A. Barney
Southeastern Unit (Exeter)

CREAMY OYSTER BROCCOLI STEW

Preparation Time: 25 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 6 servings

3 cups milk
2 (11-ounce) cans Cheddar cheese soup
1 (10-ounce) package frozen chopped broccoli
2 medium sized potatoes, cooked and finely chopped
1 onion, chopped
1 pint fresh oysters
Salt and pepper to taste

In a 3-quart saucepan, combine milk and soup. Stir in broccoli, potatoes and onion. Stir over medium heat, breaking up broccoli until thawed. Heat until bubbly. Cover and simmer for 10 minutes. In a separate saucepan, heat fresh, undrained oysters until edges curl over medium heat. Add to broccoli mixture. Heat through and serve immediately. Salt and pepper as desired.

Bruce Marsette
Cheshire Unit (Keene)

OVEN FISH CHOWDER

Preparation Time: 15 minutes
Cooking Time: 1 hour

Ease of Preparation: easy
Yield: 6 to 8 servings

2 pounds fresh fish
4 potatoes, peeled and diced
¼ teaspoon celery leaves
1 bay leaf
2½ teaspoons salt
¼ cup margarine
¼ teaspoon pepper
2 cups boiling water
4 whole cloves
1 clove garlic, crushed
3 onions, chopped
¼ teaspoon dill weed
½ cup white wine
1 cup heavy cream

Put all ingredients, except cream, into large casserole dish. Cover and bake at 375 degrees for 1 hour. Let cream come to room temperature while chowder is cooking. Remove chowder from oven and stir in cream. Stir to break up fish. Garnish with parsley before serving.

Linda Morgrage
York Beach, Maine

CLAM CHOWDER (FOR ANOTHER DAY OR TODAY)

Preparation Time: 30 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 4 to 6 servings

1 slice bacon, diced
¼ cup diced onions
¼ cup butter or margarine
4 medium potatoes, cut into ½-inch cubes
1 (15-ounce) can chopped clams in broth (or steamed fresh clams)
½ teaspoon pepper
Dash of Worcestershire sauce
3½ cups milk
Salt and pepper to taste

Place diced onions, bacon and butter in heavy saucepan and sauté until onions are transparent. Do not brown onions! Add potatoes, clams and broth, pepper and Worcestershire sauce. Stir and bring to a boil over high heat. Cover, reduce heat and simmer, stirring occasionally, until potatoes are tender. The softer the potatoes, the thicker the chowder will be—also, the thicker the chowder, the greater danger of the chowder sticking to the pan, so beware! Now, a decision must be made...today, tomorrow or in a week or two. If today, add milk now. If tomorrow, refrigerate and add milk when you reheat chowder. If in a week or two, freeze and add milk whenever you are ready. When heating, keep chowder around 170 degrees to avoid curdling. Salt and pepper to taste just before serving. Serve hot!

Peter Bonneau, Tiffany Tavern
Cheshire Unit (Keene)

Spicy curry blend is a combination of ground turmeric, coriander, pepper, ginger, mace, cinnamon, cardamom, cloves, fenugreek, and cumin.

PAN FRIED SHRIMP—CANTONESE STYLE

Preparation Time: 30 minutes
Cooking Time: 10 minutes

Ease of Preparation: average
Yield: 2 servings

1 pound jumbo shrimp
½ teaspoon gingeroot, grated
¾ teaspoon salt
1 teaspoon cooking sherry or cooking wine
2 scallions, cut in ½ inch pieces
2 or 3 tablespoons oil

While shells are still on, cut shrimp along back vein deep. Set aside. In large bowl, mix ¼ teaspoon gingeroot and ½ teaspoon salt and ½ teaspoon sherry together. With your hands, rub this mixture into shrimp. Let stand a few minutes and rub in again. This procedure removes all seafood smell, it flavors and also retains its freshness. Wash shrimp in water. Drain well. In bowl, combine ¼ teaspoon gingeroot, ¼ teaspoon salt and ½ teaspoon cooking sherry. Blend well. Add shrimp and mix. Marinate 10-15 minutes. Pour 2 to 3 tablespoons peanut oil or vegetable oil into wok or skillet. When hot, add drained and dried shrimp, turning until shrimp turns red and is slightly burned. Add scallions. Cook for 20 seconds. Serve.

Variation: Mix ½ ounce catsup and ½ teaspoon sugar. This may be added in the last 20 seconds.

John Szeto
Royal Dragon Restaurant
Sullivan Unit (Claremont)

Pickling spice is a mixture of whole mustard seed, coriander seeds, whole allspice, dried chilies, blade mace, peppercorns, bay leaf, caraway and dried ginger root.

BAKED STUFFED CLAMS

Preparation Time: 20 minutes
Cooking Time: 20 to 25 minutes

Ease of Preparation: easy
Yield: 6 servings

2 (6½-ounce) cans minced clams
3 slices thin-sliced bread, cubed
1 medium onion, diced
4 stalks celery, chopped thin
½ teaspoon salt
Freshly ground pepper to taste
¼ teaspoon hot pepper sauce
1 teaspoon paprika
1 teaspoon poultry seasoning
1 teaspoon sage
1 teaspoon garlic salt or powder
2 tablespoons lemon juice

Pour clams with juice over cubed bread in large bowl. Add remaining ingredients and toss to mix thoroughly. Add a little water if needed. Grease clam shells with butter and spoon mixture into them (about 12 medium shells). Sprinkle tops with Parmesan cheese and dot with butter and bake at 375 degrees for 15 to 30 minutes, depending upon size. Should be bubbly and browned on top.

Emily Bristol
Kearsarge Lake Sunapee Unit (New London)

RICE SHRIMP CASSEROLE

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

2 tablespoons butter
¼ cup chopped onions
½ teaspoon salt
1 cup sour cream
½ teaspoon Worcestershire sauce
1 (3-ounce) can broiled mushrooms
2 cups shrimp or scallops
2 cups cooked rice
½ cup Cheddar cheese, sharp, shredded
½ cup buttered cracker crumbs

Brown onions in butter. Add salt, sour cream, Worcestershire sauce, mushrooms and shrimp. Cook until heated through. Place cooked rice in buttered 12x8x2-inch baking dish. Pour heated shrimp mixture over rice; top with cheese and cracker crumbs. Bake at 350 degrees until cheese melts.

Jeanette Ruffle
Belknap Unit (Laconia)

CRABMEAT QUICHE

Preparation Time: 20 minutes
Cooking Time: 30 to 40 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

2 tablespoons minced onion
1 tablespoon butter
1 cup shredded crabmeat
[1 (6½-ounce) package frozen or 1 (6½-ounce) can]
1 tablespoon flour
1½ cups shredded Swiss cheese
3 eggs
1 cup light cream
½ teaspoon salt
¼ teaspoon nutmeg
1 (9-inch) pastry shell, partially baked

Sauté onions in butter and toss with crabmeat and flour. Set aside. Sprinkle half the cheese in pie shell, then top with crabmeat mixture. Sprinkle with remaining cheese. Beat eggs with cream, salt, pepper and nutmeg until well-mixed. Pour over mixture in shell. Bake at 350 degrees for 30 to 40 minutes or until set and lightly browned. Sprinkle with parsley to serve.

Rachel M. Fysh
Androscoggin Unit (Berlin)

BROILED SCALLOPS

Preparation Time: 20 minutes
Cooking Time: 6 minutes

Ease of Preparation: easy
Yield: 2 servings

1 pound scallops
1 teaspoon celery salt
6 to 8 buttery crackers, crumbled
4 tablespoons melted butter or margarine
1 tablespoon lemon juice

Cut up scallops and place in baking dish. Sprinkle lightly with celery salt. Cover with a light coating of cracker crumbs. Pour melted butter mixed with lemon juice over scallops. Broil approximately 6 minutes or until lightly browned.

Mrs. Valerie W. Pendegraph
Rockingham West Unit (Derry)

BAKED SCALLOPS

Preparation Time: 8 minutes
Cooking Time: 12 minutes

Ease of Preparation: easy
Yield: 4 servings

1 pint scallops
1 tablespoon vinegar
Cracker crumbs
Salt and pepper to taste
1 egg, beaten
⅛ pound bacon

Wash scallops and drain. Cover with boiling water and add vinegar. Let stand for 2 minutes. Drain and wipe dry. Season cracker crumbs; roll scallops in crumbs and dip in egg. Coat again with crumbs. Lay scallops in shallow baking pan and cover with narrow strips of bacon. Bake for 12 minutes at 350 degrees.

Mrs. Shirley Sherrill
Rockingham West Unit (Newton)

SMELTS A LA MICROWAVE

Preparation Time: 25 minutes
Cooking Time: 9 minutes

Ease of Preparation: easy
Yield: 2 servings

8 smelts, heads off and eviscerated
1 cup breadcrumbs
1 cup all-purpose flour
1 egg, beaten
1 tablespoon milk
½ cup Parmesan cheese, optional
Salt and pepper to taste

Prepare smelts and rinse under cold running water. Roll smelts in flour, then dip in mixture of egg and milk. Roll in breadcrumbs. (Breadcrumbs may be mixed with Parmesan cheese, if desired.) Set aside. Heat a microwave-proof 11x9x2-inch dish at high setting for 8 minutes. Place smelts in dish side by side. Cover with wax paper; cook on high for 4 minutes. Turn fish over and continue cooking 5 minutes longer.

Diane L. Roberson
Southeastern Unit (Stratham)

FILET OF SOLE MARGUERY

Preparation Time: 40 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 4 servings

4 (8-ounce) filets of sole
2 scallions
8 large mushrooms
½ cup white wine
½ cup milk
1 cup assorted shellfish (crabmeat, shrimp, langostinos)
4 tablespoons shredded Cheddar cheese
2 tablespoon chopped parsley
4 tablespoons butter
Salt and pepper and lemon to taste

Dice scallions and slice mushrooms; sauté in pan with butter. Fold filets in half and place in pan. Add shellfish. Season with lemon juice, salt and pepper; add wine. Cover with aluminum foil and heat until filets are done. (Should be flaky when pricked with fork.) Remove from heat and place filets in individual casserole dishes. Divide shellfish evenly in casseroles. Add milk, parsley, and cheese to stock and return to heat. Thicken with a roux and cover each filet with sauce. Place individual casseroles in oven and bake at 350 degrees for 20 minutes.

Gary Sheldon, Chef
Christmas Farm Inn
Carroll North Unit (Jackson)

MOCK LOBSTER CASSEROLE

Preparation Time: 20 to 30 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

2 pounds fillet of haddock or pollock
Pinch of salt
1 (10½-ounce) can frozen cream of shrimp soup
1 tablespoon sherry or lemon juice
¼ cup melted margarine
½ teaspoon garlic or ⅛ teaspoon garlic powder
½ tablespoon minced onion
½ teaspoon Worcestershire sauce
30 buttery round crackers, crushed
4 to 6 lemon wedges
1 (7-ounce) can lobster may be added, but is not necessary

Continued

Place fish fillets in casserole dish and sprinkle with salt. Pour shrimp soup over fish. Add sherry or lemon juice. (Add lobster at this time, if used.) Bake, uncovered, at 350 degrees for 30 minutes. Stir onion, garlic and Worcestershire sauce into melted margarine; blend with cracker crumbs. Sprinkle over fish mixture and continue baking for 10 minutes more or until browned. Serve with lemon wedges.

Jane Wallace
Strafford Unit (Durham)

FISH WITH SWEET-SOUR SAUCE

Preparation Time: 30 minutes plus marinating
Cooking Time: 30 minutes

Ease of Preparation: average

Yield: 4 servings

1 pound sole, flounder or haddock fillets
1 tablespoon each cooking sherry and vinegar
¾ cup all-purpose flour
1 egg
½ cup water
½ teaspoon salt
1 quart oil
Sweet-Sour Sauce (recipe follows)

Cut fish into 1½-inch pieces. Marinate in sherry and vinegar for 2 hours. Make a batter using flour, egg, water and salt. Drain fish and dip pieces into batter. Fry in hot oil until golden brown. Serve with Sweet-Sour Sauce.

Sweet-Sour Sauce:
3 green onions, chopped
½ cup green pepper, chopped
3 tablespoons corn oil
3 thin slices fresh ginger root (if available)
1 tablespoon soy sauce
4 or 5 tablespoons brown sugar
1 cup water
1½ tablespoons cornstarch
Small amount of cold water
2 tablespoons vinegar

Sauté chopped onions and green pepper in oil. Add ginger root, soy sauce, brown sugar and 1 cup water. Let boil for a minute or two. Dissolve cornstarch in small amount of cold water and gradually add to sauce, stirring constantly, until sauce thickens and is clear. Add vinegar and pour over hot, deep-fried fish. Serve immediately.

Millie Nelson
Twin River Unit (Franklin)

Bay leaves are used extensively in pickling spices and vinegars.

TUNA BISCUIT RING

Preparation Time: 30 to 40 minutes
Cooking Time: 25 minutes
Ease of Preparation: average
Yield: 6 to 8 servings

Biscuit Dough:

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
¼ cup shortening
¾ cup milk

Measure flour, baking powder and salt into bowl. Cut in shortening thoroughly. Stir in most of the milk. Add more, if necessary, to make dough soft and pliable. Round up dough on floured board; knead 20 to 25 times. Set aside.

Tuna Mixture:

1 egg, slightly beaten
2 (7-ounce) cans tuna, drained and broken up fine
½ cup chopped onion
½ cup shredded sharp Cheddar cheese
½ cup snipped parsley (optional)
1 teaspoon celery salt
¼ teaspoon pepper

Heat oven to 375 degrees. Reserve 2 tablespoons of egg; set aside. In bowl, mix remaining egg, tuna, onion, cheese, parsley, celery salt and pepper. Roll out biscuit dough into rectangle 15x10-inch; spread with tuna mixture. Roll like a jelly roll, begining at wide side. Place seam side down in ring shape on greased baking sheet. Pinch ends to seal. With sharp knife, slice cuts ⅔ of the way down through ring at 1-inch intervals. Turn each section gently on its side. Brush with reserved egg. Bake 25 to 30 minutes at 375 degrees, or until golden and dough feels firm. Serve with hot cheese sauce:

Cheese Sauce:

¼ cup butter or margarine
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
2 cups milk
½ teaspoon dry mustard
1 cup shredded sharp Cheddar cheese (about 4 ounces)

Continued

In medium saucepan, melt butter over low heat. Blend in flour, (a little at a time), salt and pepper. Cook over low heat, stirring, until mixture is smooth and bubbly. Remove from heat, stir in milk, a small amount at a time. Heat again slowly to boiling, stirring constantly. Boil and stir 1 minute. Stir in mustard and cheese. Turn burner to low and stir until cheese is melted. *Note: This recipe is equally good using salmon instead of tuna. Also, a white sauce with peas in it may be substituted for the cheese sauce with either.*

Rita Faucher
Androscoggin Unit (Dummer)

SALMON OR TUNA LOAF

Preparation Time: 10 minutes
Cooking Time: 30 minutes
Ease of Preparation: easy
Yield: 4 servings

1 (6½-ounce) can tuna or salmon, drained
2 eggs, well-beaten
1 teaspoon lemon juice
1 cup breadcrumbs
½ cup milk
½ teaspoon salt
¼ cup chopped onions, optional

Mince fish and remove all bones. Add remaining ingredients and mix well. Pour into a greased 8-inch square baking pan. Bake at 350 degrees for 30 minutes.

Donna B. Gray
Connecticutt Lakes Unit (Pittsburg)

QUICK TUNA SQUARES

Preparation Time: 10 minutes
Cooking Time: 40 minutes
Ease of Preparation: easy
Yield: 9 servings

3 (6½-ounce) cans of tuna fish, drained
18 saltines, finely crushed
3 eggs
1 small onion, chopped
1 cup celery, chopped
1 cup milk
¾ teaspoon salt
¼ teaspoon pepper

About 1½ hours before serving or earlier, combine all ingredients until well mixed and smooth. Pour into well greased 9x9-inch baking dish. Bake at 350 degrees for 40 minutes or until knife comes out clean. Cut into squares and serve hot or refrigerate and serve cold.

Mrs. Frederick (Patricia) LaFontaine
Grafton East Unit (Plymouth)

TUNA-CHEESE PIE

Preparation Time: 30 minutes
Cooking Time: 50 minutes

Ease of Preparation: average
Yield: 4 large servings

3 eggs
1 cup milk
¼ cup mayonnaise
3 tablespoons prepared mustard
1 (7-ounce) can tuna, flaked
1 (10-ounce) package frozen chopped broccoli, thawed, optional
1 cup shredded Cheddar or Swiss cheese
1 prepared (9-inch) pie shell

Beat eggs and add milk, mayonnaise and mustard. Beat with rotary beater until smooth. Stir in tuna and broccoli (if using). Pour into unbaked pie shell. Sprinkle with cheese and bake at 350 degrees for 40 to 60 minutes, until knife inserted in center comes out clean.

Jane Wallace
Strafford Unit (Durham)

SHERRIED BAKED HADDOCK

Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ease of Preparation: average
Yield: 4 to 5 servings

2 pounds fresh haddock, skinned
3 tablespoons margarine or butter
2 tablespoons flour
⅛ teaspoon pepper and salt
1½ cups milk
¼ cup sherry
3 tablespoons grated Parmesan cheese
1 tablespoon parsley flakes
2 tablespoons pimento, chopped
1 tablespoon melted butter
¼ cup fine breadcrumbs

Lay fish in buttered 13x9x2-inch baking dish in a single layer. In a medium saucepan, melt 3 tablespoons butter and stir in flour. Gradually blend in milk to firm a white sauce. Cook over medium heat, stirring constantly, until thickened. Add wine, cheese, parsley and pimento. Pour over fish in baking dish. Combine 1 tablespoon melted butter and breadcrumbs and sprinkle over top. Bake at 350 degrees for 25 minutes.

Barbara Richardson
Southeastern Unit (Hampton)

BROCCOLI CASSEROLE

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

2 (10-ounce) packages frozen broccoli spears
1 (8-ounce) package pasteurized process cheese, cut into pieces
3 tablespoons butter
12 round, buttery crackers

Cook broccoli spears for 4 or 5 minutes in small amount of water; drain. Place cheese and 2 tablespoons butter in saucepan over low heat and melt slowly, stirring constantly. Add to drained broccoli and pour into greased 8 or 9-inch baking dish. Crumble crackers and combine with remaining 1 tablespoon melted butter. (The more crackers used, the crunchier the top.) Spread over top of casserole and bake at 350 degrees for 30 minutes or until browned.

Carmelle Paton
Sullivan Unit (Claremont)

ZUCCHINI PIE

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 6 servings

4 cups thinly sliced zucchini (about 2 medium)
1 cup chopped onion
¼ cup margarine
½ cup parsley
½ teaspoon salt and pepper
½ teaspoon garlic powder
¼ teaspoon basil
2 eggs
1 (8-ounce) package Cheddar cheese
1 (8-count) can crescent roll dough
Sliced tomatoes
Parmesan cheese

Sauté zucchini and onion in margarine; add spices. In large bowl, beat eggs and add shredded cheese. Add zucchini. Press rolls into pie plate to form crust and add zucchini mixture. Cover with sliced tomatoes and Parmesan cheese. Bake at 375 degrees for 30 minutes. (Cover edges with foil to prevent over-browning. Remove foil last 10 minutes of baking time.)

Marjorie Oppold
Hillsborough South Unit (Nashua)

MOSTLY VEGETABLE LASAGNA

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 4 generous servings

½ pound ground beef
½ cup chopped onion
½ cup chopped green pepper
1 clove garlic, crushed
1 (8-ounce) can tomatoes
1 (8-ounce) can tomato sauce
¼ cup chopped parsley
1 teaspoon crushed oregano
1 teaspoon basil
½ teaspoon salt
1½ cups lowfat cottage cheese
1 egg
1 large eggplant, sliced lengthwise and partially cooked or 1 large or 3 medium zucchinis, cut lengthwise and partially cooked
1 cup shredded mozzarella cheese

Cook ground beef, onion, green pepper and garlic in a large saucepan until meat is brown; drain off fat. Add tomatoes, tomato sauce, half the parsley, oregano, basil and salt. Heat mixture to boiling, stirring occasionally. Reduce heat and simmer, uncovered, for 1 hour. Mix cottage cheese, egg and remaining parsley together. Spread a thin layer of meat sauce in an ungreased 8-inch square baking dish; layer ⅓ of eggplant or zucchini, meat sauce, mozzarella cheese, and then cottage cheese mixture, twice, or until all is used up. Bake, uncovered, for 45 minutes at 350 degrees. Let stand for 15 minutes before serving.

Virginia R. Flint
Androscoggin Unit (Milan)

MINIATURE VEGETABLE QUICHES

Preparation Time: 45 minutes
Cooking Time: 15 minutes

Ease of Preparation: average
Yield: 24 muffin size quiches

Crust:

1 (8-ounce) package Cheddar cheese, shredded
1 cup margarine
2 cups all-purpose flour

Cream cheese and margarine together; add flour and mix to form a smooth dough. Place in freezer to chill for 30 minutes. Form into 24 two-inch balls; press each into a muffin tin, pressing mixture up sides well.

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Filling:

1 (10-ounce) package frozen spinach
¼ cup minced onion
1 teaspoon margarine

Cook and drain spinach; sauté onion in margarine and combine with spinach. Set aside.

Custard:

4 eggs
1 cup milk
2 tablespoons flour
¼ teaspoon salt

Blend all ingredients well by beating with rotary beater. Place 1 teaspoon filling in each muffin tin and cover with 2 tablespoons custard mixture. Bake at 400 degrees for 15 minutes or until tops are golden. Cool for 5 minutes before removing from tins. Serve hot.

Barbara J. Hunter
Strafford Unit (New Durham)

STUFFED EGGPLANT

Preparation Time: 1½ hours
Cooking Time: 45 minutes
Ease of Preparation: average
Yield: 4 to 6 servings

1 eggplant
1 medium chopped onion
1 clove garlic, minced
4 or 5 slices stale bread
Butter
½ cup milk
2 or 3 strips bacon or 2 or 3 slices baked ham
Salt, pepper and minced parsley to taste
Breadcrumbs

Cut eggplant in half lengthwise; scoop out flesh leaving shell. Set shells aside. Cut eggplant in small pieces and steam in 2 tablespoons water. Soak bread in milk. Sauté diced bacon or ham in a little butter; add onion and garlic. Add eggplant, salt, pepper, minced parsley and bread. Mix well; use to stuff shells. Place in baking dish. Dot with butter, cover with breadcrumbs. Bake at 350 degrees for 45 minutes.

Evelyn M. Pfeiffer
Southeastern Unit (North Hampton)

CINNAMON SPAGHETTI SAUCE

Preparation Time: 30 minutes
Cooking Time: 2½ hours

Ease of Preparation: easy
Yield: 8 servings

4 peeled and sliced onions
2 cloves garlic, minced
5 tablespoons oil
2 (10½-ounce) cans tomato soup
3 (16-ounce) cans stewed tomatoes
2 (5½-ounce) cans tomato paste
3 teaspoons cinnamon
3 teaspoons chili powder
1½ teaspoons salt
Dash of pepper
1 pound ground beef

Lightly brown onions and garlic in oil over medium heat. Add soup, tomatoes and tomato paste. Simmer for 5 minutes. Mix in cinnamon, chili powder, salt and pepper. Add ground beef, crumbled, and simmer gently for 2½ hours. *Note: The cinnamon makes all the difference in this recipe—super!*

Polly Bourdon
Sullivan Unit (Claremont)

MACARONI AND CHEESE

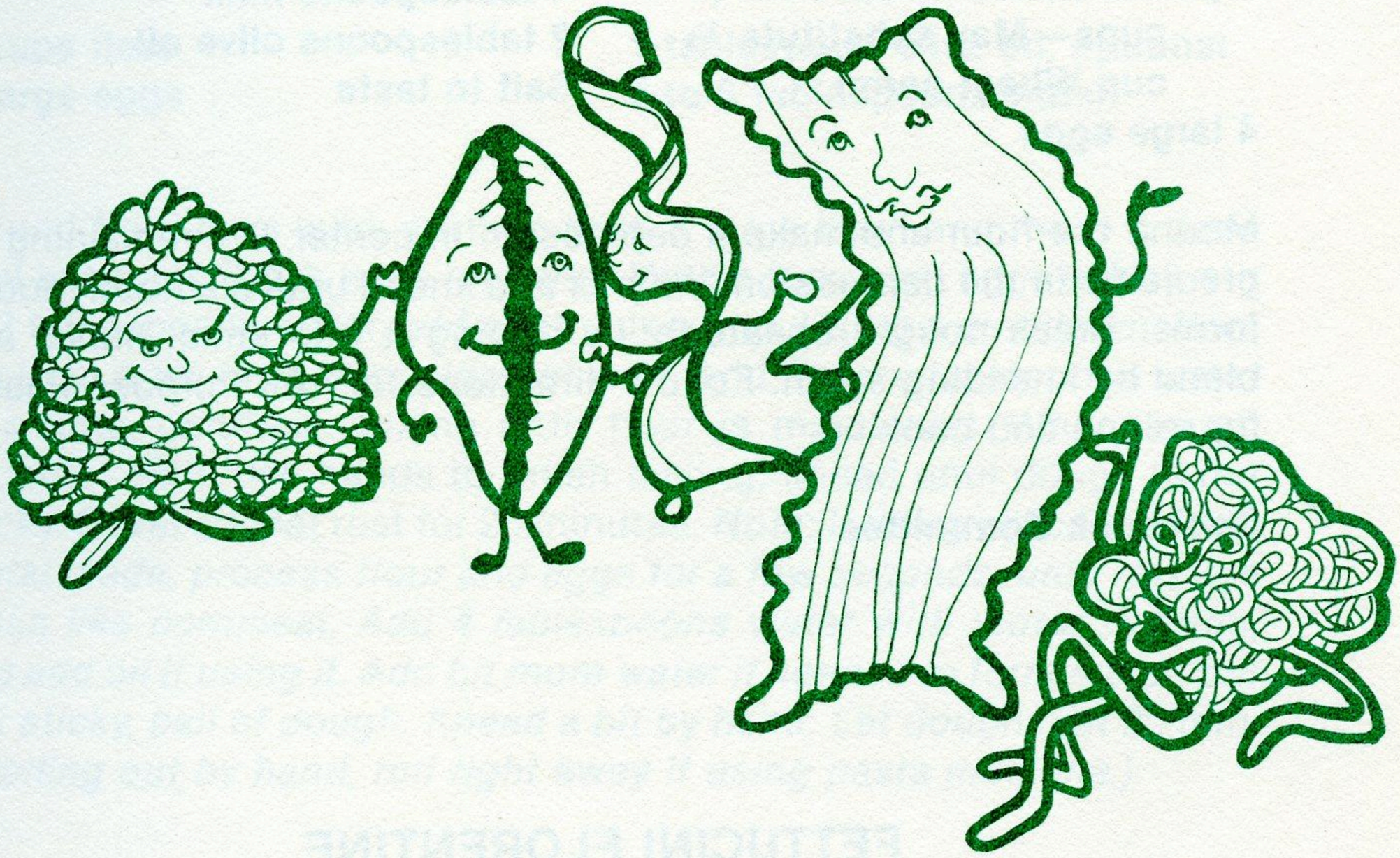
Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 6 servings

2 cups elbow macaroni
1 cup mayonnaise
1 (10¾-ounce) can cream of mushroom soup
1 tablespoon chopped onion
13 ounces extra-sharp Cheddar cheese, grated
6 buttery round crackers, crumbled

Cook macaroni according to package directions for 12 minutes; drain. In a large bowl, mix cheese, soup, mayonnaise and onion, Add macaroni. Pour into greased 10-inch casserole dish. Crumble crackers and spread over top. Bake at 325 degrees for 45 minutes. Serve hot.

Sylvia M. Bailey
Grafton East Unit (Bristol)



Pasta

MAMA BIONDI'S PASTA

Preparation Time: 1 hour
Cooking Time: 4 minutes

Ease of Preparation: difficult
Yield: 16 ounces

1 pound whole wheat flour (4 cups—May substitute ¼ cup Wheat germ)
4 large eggs
4 tablespoons milk
2 tablespoons olive oil
Salt to taste

Mound the flour and make a depression in center. Put remaining ingredients in the depression and mix and knead until a smooth dough forms. Break dough repeatedly by ripping it into small hunks and blend by kneading again. Follow directions for "All Purpose Pasta" for rolling and cooking.

Cookbook Committee

FETTUCINI FLORENTINE

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 8 servings

1 (12-ounce) package fettucini noodles
1 (10-ounce) package frozen chopped spinach
Boiling water
3 tablespoons oil
1 onion, thinly sliced
16 ounces ricotta cheese (2 cups)
1½ cups milk
1½ teaspoons salt
2 tablespoons slivered cooked ham
Grated Parmesan cheese
Freshly ground pepper

Cook fettucini as directed. Drain and keep warm. Thaw and drain spinach. Sauté onion in oil until tender, add spinach and cook to heat through, stirring often. Add to fettucini. Stir in ricotta, milk and salt, toss to mix well. Heat through. Serve topped with ham, Parmesan and pepper.

Lib Andrews
Twin Rivers Unit (Sanbornton)

ALL PURPOSE PASTA

Preparation Time: 35 to 40 minutes
Cooking Time: 1 to 4 minutes

Ease of Preparation: difficult
Yield: 8 ounces about

2 cups flour
2 large eggs
1 tablespoon olive oil, optional
3 to 6 tablespoons water

Mound flour on a work surface or in a large bowl and make a deep well in center. Break eggs into well. With a fork, beat eggs lightly, stir in 2 tablespoons water, add oil if using that. Using a circular motion, begin to draw flour from sides of well. Add 1 more tablespoon water at a time, continue mixing until flour is moistened. When dough becomes stiff, use hands to finish mixing; knead until dough is not sticky. Cover and let rest for 20 minutes. *Note: If using processor: use metal blade, process flour and eggs for a few seconds, until mixture looks like cornmeal. Add 4 tablespoons water with motor running, and add oil if using it. Add bit more water if needed to form moist, but not sticky, ball of dough. Knead a bit by hand. Let dough rest 20 min. if rolling out by hand, roll right away if using pasta machine.)*

SPINACH PASTA—to above add 5 ounces cooked chopped spinach, drained.

ORANGE or **ROSY PASTA**—to above 3 or 4 tablespoons strained pureed carrots, pureed beets, or tomato paste.

To roll pasta:
Divide dough into small portions, roll out on a lightly floured board. Roll from center out, until dough is desired thinness—thinner for noodles than lasagne. Hang on rack or place on floured cloth and let dough dry a bit—keep it pliable. Roll dough up loosely, jelly-roll style, cut with a sharp knife into desired thickness. Pasta may be cooked right away, or dried for storage.

To cook:
Drop cut pasta into rapidly boiling salted water for a *very short* cook, maybe 1 to 4 minutes depending on thickness.

Cookbook Committee

BASIL CREAM
(GOOD FOR PASTA SALAD)

Preparation Time: 5 or 10 minutes
Cooking Time: none, short refrigeration

Ease of Preparation: average
Yield: 2 or 3 cups

⅓ cup good vinegar
2 tablespoons Dijon mustard
½ cup chopped fresh basil (3 to 4 tablespoons dried)
1 large clove garlic
⅓ cup oil
1 cup sour cream
½ cup heavy cream
3 to 7 tablespoons minced parsley (use more if no fresh basil handy)
Salt and pepper to taste

Combine vinegar, mustard, basil and garlic in food processor or blender and mix until almost smooth. With machine running, drizzle in oil. Add sour cream, cream and parsley and purée until smooth. Season. Refrigerate until shortly before serving. Stir.

Cookbook Committee

DIETERS SPAGHETTI

Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ease of Preparation: easy
Yield: 4 servings

1 (8-ounce) package spaghetti, broken into thirds
½ cup unsalted butter
1½ cups broccoli flowerettes
1 cup sweet red peppers, cut into ¼-inch strips
1 teaspoon marjoram leaves
½ teaspoon minced garlic
Grated cheese

Cook broken spaghetti according to package directions; set aside. Meanwhile, in a 2-quart pan, melt butter. Add broccoli, peppers, garlic and marjoram. Sauté over medium heat until vegetables are tender-crisp. Stir in cooked spaghetti and heat through. Remove from heat and add salt and pepper to taste. Sprinkle with cheese and serve immediately.

Jean D. Simmons
Carroll North Unit (Glen)

SPINACH NOODLES WITH SCALLOPS PROVENCALE

Preparation Time: 15 to 30 minutes
Cooking Time: 15 minutes

Ease of Preparation: average
Yield: 4 servings

1 pint scallops or muscles, soaked in ¼ cup milk
1½ pounds ripe tomatoes, or 3 cups canned, peeled & cut in 1" cubes
1 bay leaf
Salt and freshly ground pepper to taste
¾ cup all-purpose flour
½ cup oil
½ pound spinach noodles, cooked according to package directions
3 tablespoons butter
1 tablespoon minced garlic
2 tablespoons chopped parsley

Heat tomatoes, cook until any juice is reduced by half. Add bay leaf, salt and pepper. Toss drained scallops or muscles in flour. Brown in oil heated quite hot until they are browned evenly. Combine with tomato sauce. Heat butter until nut brown, add garlic and cook briefly. Combine with cooked noodles, scallops in tomato sauce; toss well. Sprinkle with parsley and serve.

Lib Andrews
Twin Rivers Unit (Sanbornton)

MUSHROOMS AND SAUCE FOR RICE PILAF

Preparation Time: 10 to 15 minutes
Cooking Time: 10 minutes

Ease of Preparation: easy
Yield: 6 servings

2 cups chopped onions
4 chopped green peppers
2 pounds fresh mushrooms, cleaned
1 cup butter
Chopped celery stalks to taste
Salt to taste

Sauté onions and peppers in butter until about half done. Add celery and mushrooms and continue cooking until tender over low heat. Stir several times. (Do not add water as moisture will come from celery and mushrooms). Season with salt to taste. Serve mixed into Rice Pilaf or Assyrian Rice (featured in A TASTE OF NEW HAMPSHIRE, page 141).

Pamela Parsons Dube
Hillsborough North Unit (Bedford)

INTERESTING NOTES ON HERBS AND SPICES

Star Anise is used in the manufacture of pet foods because it enhances all flavors. Our pets know it better than we do!

Apple pie spice is a blend of the most commonly used spices and speeds up the assembling of an apple pie. It usually contains nutmeg, cinnamon, allspice, mace and may include sugar.

Dill weed is especially delicious as a garnish on seafood chowders.

Italian seasoning is a blend of the most commonly used herbs that give the typical flavor. It speeds up the assembling of many foods. It most commonly includes oregano, marjoram, thyme, rosemary, basil and parsley.

Poultry seasoning is a blend of herbs and spices commonly used for stuffing and can be used with confidence. It usually includes thyme, marjoram, white pepper, sage and may include salt.

Allspice is recommended for use in all cranberry dishes.

Arrowroot is a thickener that is very useful for persons who can not have wheat. It is often used in oriental recipes. It makes a nice clear sauce.

Lovage root is valuable for the oil which is used as flavoring for some tobaccos and perfumes.

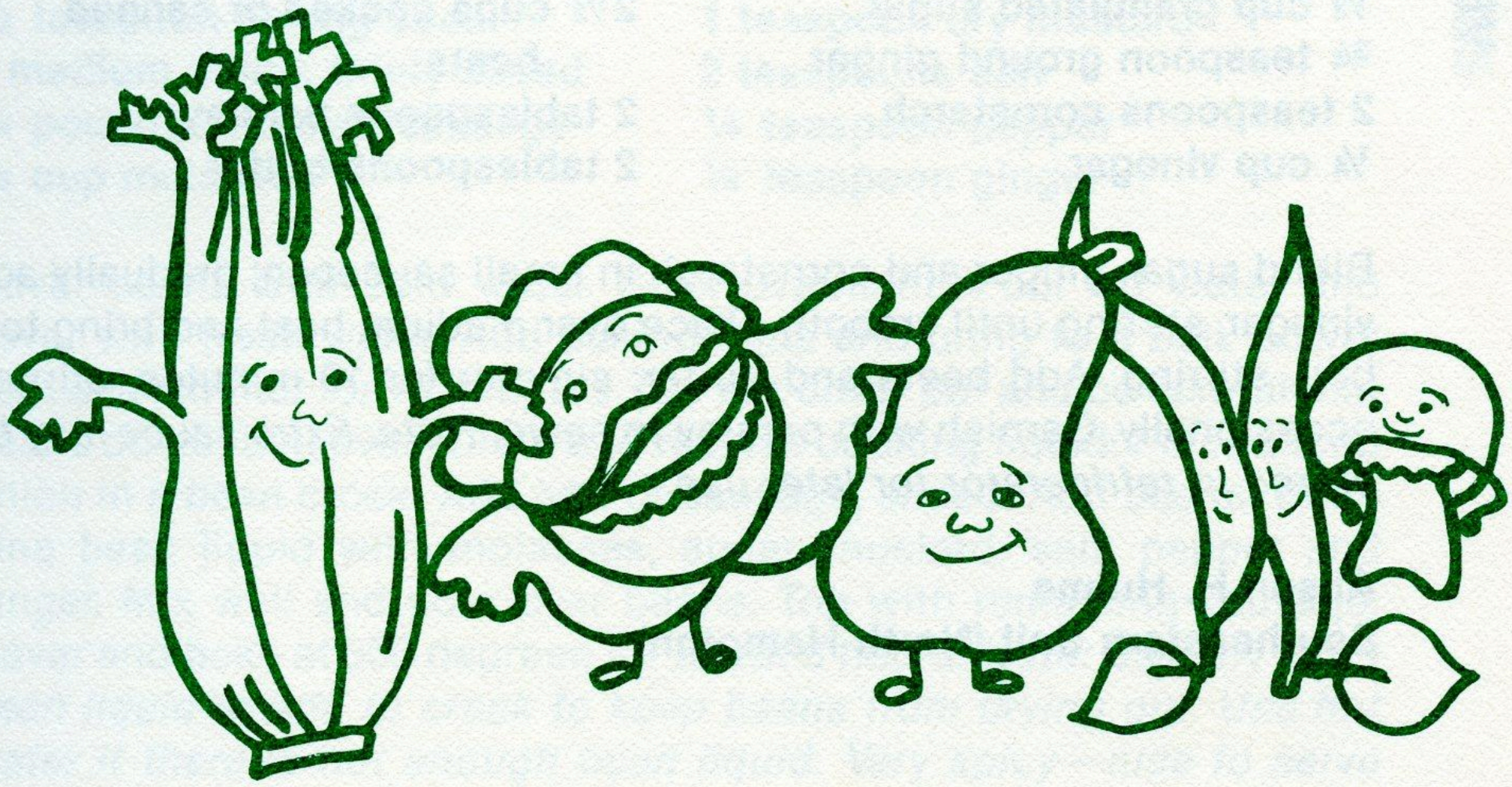
Lovage seeds are used chiefly in candies today. The Greeks and Romans chewed the aromatic seeds and believed it aided digestion.

Lovage seeds may be used in spice cookies and give a deliciously different flavor. It lifts the cookies into a class above the ordinary.

Chinese Five-spice powder is a blend of Star anise, Szechuan pepper, fennel seed, cloves, and cinnamon.

Ground black pepper is an important ingredient in prepared spice blends, such as poultry seasoning, sausage blends and curry powders.

File Gumbo is a blend of mainly sassafras leaves and thyme, used in Creole or Cajun cooking.



Vegetables & herbs

GINGERED BEETS

Preparation Time: 15 minutes
Cooking Time: 10 minutes

Ease of Preparation: average
Yield: 6 servings

⅓ cup granulated sugar
¾ teaspoon ground ginger
2 teaspoons cornstarch
¼ cup vinegar
2½ cups cooked or canned beets
2 tablespoons parsley
2 tablespoons butter

Blend sugar, ginger and cornstarch in small saucepan; gradually add vinegar, stirring until smooth. Place over medium heat and bring to a boil, stirring. Add beets and butter; simmer for 10 minutes, stirring occasionally. Garnish with parsley to serve. *Note: Extra sauce may be stored in refrigerator for later use.*

Alison H. Hulme
Southeastern Unit (North Hampton)

BROCCOLI AND CHEESE

Preparation Time: 25 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

1 medium onion, minced
6 tablespoons butter
4 tablespoons flour
2 cups milk
½ teaspoon salt
⅛ teaspoon pepper
1 egg yolk
1 cup grated Parmesan cheese
2½ pounds broccoli spears, cooked
½ cup fine bread crumbs

Sauté onion in 4 tablespoons butter until tender, stir in flour, add milk gradually and cook slowly until thickened, stirring constantly. Add salt, pepper, egg yolk and cheese. Cook until thick and creamy (about 4 or 5 minutes). Pour half of sauce into greased 13x9x2-inch baking dish; arrange broccoli over sauce, cover with remaining sauce. Sprinkle bread crumbs over top and dot with remaining 2 tablespoons butter. Bake at 400 degrees for about 20 minutes or until hot and bubbly.

Jean Simmons
Carroll North Unit (Glen)

BEST BEANS YET

Preparation Time: Overnight
Cooking Time: 6½ hours
Ease of Preparation: average
Yield: 8 generous servings

1 pound dry navy beans
½ teaspoon baking soda
1 medium onion, thinly sliced
¾ pound hot Italian sausage
⅓ cup molasses
¼ cup sugar
1 teaspoon dry mustard
2 teaspoons salt
¼ teaspoon pepper
¼ teaspoon ginger

Cover beans with cold water. Soak overnight. Pour off water and cover with fresh water. Add baking soda and bring to a boil. Lower heat and simmer for 10 minutes. (Do not cover pot and be careful that beans do not boil over.) Drain and reserve cooking liquid. Place sliced onion in a bean crock. Add half of sausage, sliced. Add beans. Combine bean liquid with molasses, sugar, mustard, salt, pepper and ginger. Mix well and pour over beans. Top with remaining sausage. Cover and bake at 300 degrees for about 6 hours. *Note: Use any extra bean liquid to add to crock to keep beans from drying out. Use hot water if there is not enough bean liquid. Very spicy—nice to serve with cold macaroni or potato salad.*

Linda Redfern
Strafford Unit (Dover)

MA KELLY'S CHILI SAUCE

Preparation Time: 30 minutes
Cooking Time: 1 hour, 45 minutes
Ease of Preparation: easy
Yield: 3 pints

8 cups peeled ripe tomatoes, cut into pieces
2 onions, chopped
2 green peppers, chopped
4 stalks celery, chopped
⅔ cup granulated sugar
1 tablespoon salt
½ teaspoon pepper
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon allspice
1 teaspoon nutmeg
1 cup mild vinegar

Combine tomatoes, onions, peppers and celery in large Dutch oven. Bring to a boil, reduce heat and simmer slowly for 1½ hours. Add sugar, spices and vinegar. Boil until thick (about 10 minutes). If mixture is too thick, add a little more vinegar and adjust sugar to taste.

Helen Sullivan
Rockingham West Unit (Derry)

STUFFED EGGPLANT

Preparation Time: 30 minutes
Cooking Time: 40 minutes

Ease of Preparation: average
Yield: 6 servings

2 medium eggplants
½ cup oil
1 cup chopped onion
½ cup chopped green pepper
1 clove garlic, crushed
1 (8-ounce) can tomatoes
1 (8-ounce) package herb stuffing mix
1 teaspoon salt
⅛ teaspoon pepper
¼ cup butter

Cut eggplants in half lengthwise. Scoop out flesh, leaving a shell ¼-inch thick. Brush inside of each shell with oil. Coarsely chop eggplant and sauté in remaining oil with onion, green pepper and garlic. Cook for 10 minutes, stirring occasionally; add tomatoes and simmer. Combine stuffing mix, salt and pepper. Add eggplant mixture. Spoon into shells and place on four 18x22-inch pieces of heavy duty aluminum foil which have been buttered. Fold foil over eggplant (no vent). Bake at 400 degrees for 25 minutes. Open foil and continue to bake for 10 minutes.

Mrs. Gordon R. Ayer (Barbara)
Sullivan Unit (Charlestown)

TARRAGON	Leaf	Marinades for meat, poultry, in omelets, with fish, in soups and vegetables. Goes well with tomatoes.

CREAMED ONIONS

Preparation Time: 25 minutes
Cooking Time: 50 to 55 minutes

Ease of Preparation: easy
Yield: 8 to 10 servings

2 pounds white boiling onions
1 teaspoon salt
½ teaspoon pepper
4 tablespoons butter
1 (10¾-ounce) can cream of mushroom soup
¼ cup milk
1 cup shredded Cheddar cheese

Peel onions. Boil for 10 to 15 minutes and drain. Add salt, pepper and butter; pour into a greased 2-quart casserole dish. Pour mushroom soup and milk over onions; top with cheese. Cover and bake at 350 degrees for 30 to 40 minutes or until golden brown.

Linda Morgrage
York Beach, ME.

BAKED ZUCCHINI AND CHEESE

Preparation Time: 15 minutes
Cooking Time: 1 hour and 20 minutes

Ease of Preparation: easy
Yield: 4 to 5 servings

3 medium zucchini, sliced
2 medium onions, sliced
1 (6-ounce) package shredded Cheddar cheese
Salt
Pepper
Butter

Grease a 2-quart casserole dish with butter. Preheat oven to 350 degrees. Layer zucchini, onion and cheese alternately in dish, seasoning each layer with salt and pepper. End with cheese for topping; dot with butter. Bake, covered, for about 1 hour. Remove cover and continue baking for 15 to 20 minutes to brown.

Lucy Gay
Hillsborough North Unit (Bedford)

ZUCCHINI-SUMMER SQUASH

Preparation Time: 30 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 6 servings

2 small zucchini
2 small summer squash
3 tablespoons butter
1 medium onion, chopped
1 medium green pepper, chopped
1 (21-ounce) can stewed tomatoes
½ cup shredded Cheddar cheese
½ cup seasoned bread stuffing mix
Salt
Pepper
Garlic powder

Cut zucchini and squash into ½-inch slices; par boil for 5 minutes. Sauté onion and pepper in butter until clear (about 5 minutes). Drain squash and place in 13x9x2-inch greased casserole dish. Pour stewed tomatoes over top; add onions and peppers. Add salt, pepper and garlic powder. Top with cheese and stuffing mix. Cook, uncovered, at 375 degrees for 15 to 20 minutes or until bubbly.

Susan Denoncourt
Belknap Unit (Laconia)

SUMMER SQUASH CREAM CASSEROLE

Preparation Time: 15 to 20 minutes
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 10 to 12 servings

2 large or 3 medium summer squash, cut up
1 chopped onion
1 (8-ounce) package seasoned stuffing mix
½ cup butter or margarine
2 cups sour cream
1 (10¾-ounce) can cream of mushroom or chicken soup

Parboil squash with onion in salted water for 5 minutes. Sauté stuffing mix with butter. Place ½ the stuffing mix in bottom of a 3-quart buttered casserole dish. Add squash, sour cream and soup. Bake at 350 degrees for 1 hour. During last 15 minutes of baking time, sprinkle with remaining ½ of stuffing mix. *Note: For a delicious main dish, add left-over chopped ham or chicken.*

Joni Stover
Belknap Unit (Laconia)

SESAME SEED	Whole	Breads & rolls, cookies, salad dressings, dips, fish, asparagus

SAVORY MASHED POTATO CASSEROLE

Preparation Time: 40 minutes
Cooking Time: 30 minutes
Ease of Preparation: easy
Yield: 10 servings

4 pounds potatoes, cooked, drained and mashed
1 (8-ounce) package cream cheese, softened
1 cup sour cream
2 teaspoons salt
½ teaspoon pepper
1 clove garlic, crushed
¼ cup chives
½ teaspoon paprika
1 tablespoon butter

Place cooked potatoes in large mixing bowl. Using mixer, beat in cheese, sour cream, salt, pepper and garlic. Beat at high speed until light and fluffy. Stir in chives. Spoon into a lightly greased baking dish. Sprinkle with paprika and dot with butter. Bake at 350 degrees for 30 minutes.

Mrs. William Hixon (Grace)
Grafton North Unit (Littleton)

MUSHROOMS AND PEAS IN PATTIE SHELLS

Preparation Time: 30 minutes
Cooking Time: 10 minutes

Ease of Preparation: easy
Yield: 6 servings

1 green pepper
2 tablespoons flour
1 (4-ounce) can sliced mushrooms
1 onion, chopped
4 tablespoons butter
¼ teaspoon salt
1 (10½-ounce) can cream of mushroom soup
½ cup milk
2 tablespoons soy sauce
¼ to ½ teaspoon crushed dry basil
¼ teaspoon garlic powder
1 (4-ounce) can shoestring pimentos
2 cups cooked peas

Slice green pepper thin; cover with boiling water for 2 minutes; drain. Pour liquid off mushrooms and mix with flour; set aside. In heavy skillet, sauté onions and mushrooms in butter; add salt. Add flour mixture, stirring constantly to thicken. Add mushroom soup and enough milk to reach the consistency of a thick white sauce. Add soy sauce, basil, garlic powder and blend. Stir in peppers, pimentos and peas. Pour hot, bubbly mixture into chafing dish or fill pattie shells to overflowing.

Joan T. Littlefield
Sullivan Unit (Claremont)

CHEESE SCALLOPED POTATOES

Preparation Time: 25 to 35 minutes
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

6 medium potatoes
1 (10½-ounce) can cream of chicken soup
¼ cup margarine
1 cup sour cream
⅓ cup chopped green onions
½ cup shredded Cheddar cheese
Breadcrumbs for topping

Cook potatoes in jackets. Cool and peel. Grate and set aside. Heat margarine with soup; blend in sour cream, onion and cheese. Stir sour cream mixture into potatoes and turn into a greased 2-quart casserole. Top with crumbs. Bake at 350 degrees for 30 minutes. *Note: Excellent for a company buffet.*

Mary E. Cunningham
Southeastern Unit (Kingston)

TOMATO CHEESE TART

Preparation Time: 15 minutes
Cooking Time: 35 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

½ package pie crust mix
½ cup shredded mild Cheddar cheese
1 (12-ounce) package Cheddar or Gruyere cheese, shredded
3 ripe tomatoes
1 teaspoon salt
1 teaspoon basil, crushed
1 teaspoon oregano, crushed
⅛ teaspoon pepper
½ cup green onions, chopped
2 tablespoons butter or margarine
2 tablespoons soft bread crumbs

Prepare pie crust mix, following directions on package, but adding ½ cup shredded mild Cheddar cheese. Roll out into a 12-inch round on lightly floured pastry board. Fit into a 9-inch pie plate; trim overhang, turn under and flute edges to stand up. Prick well with fork and bake in preheated 425 degree oven for 10 to 15 minutes or until golden brown. Cool. Spoon 12 ounces cheese into pie crust. Slice tomatoes in half lengthwise and then into thin wedges. Arrange, slightly overlapping, in a circular pattern over cheese. Sprinkle with salt, pepper, basil and oregano. Sauté green onions in butter until tender in small skillet. Spoon into center of pie. Sprinkle with bread crumbs. Bake at 325 degrees for 20 minutes or until tomatoes are tender. Serve immediately. *Note: Even better warmed over.*

Mrs. Carroll Carleton (Bea)
Sullivan Unit (Claremont)

Herb and Spice Chart Compliments of:

The SPICERY
Gourmet Spices at Generic Prices

RFD 7, Box 339-A
Laconia, New Hampshire 03246

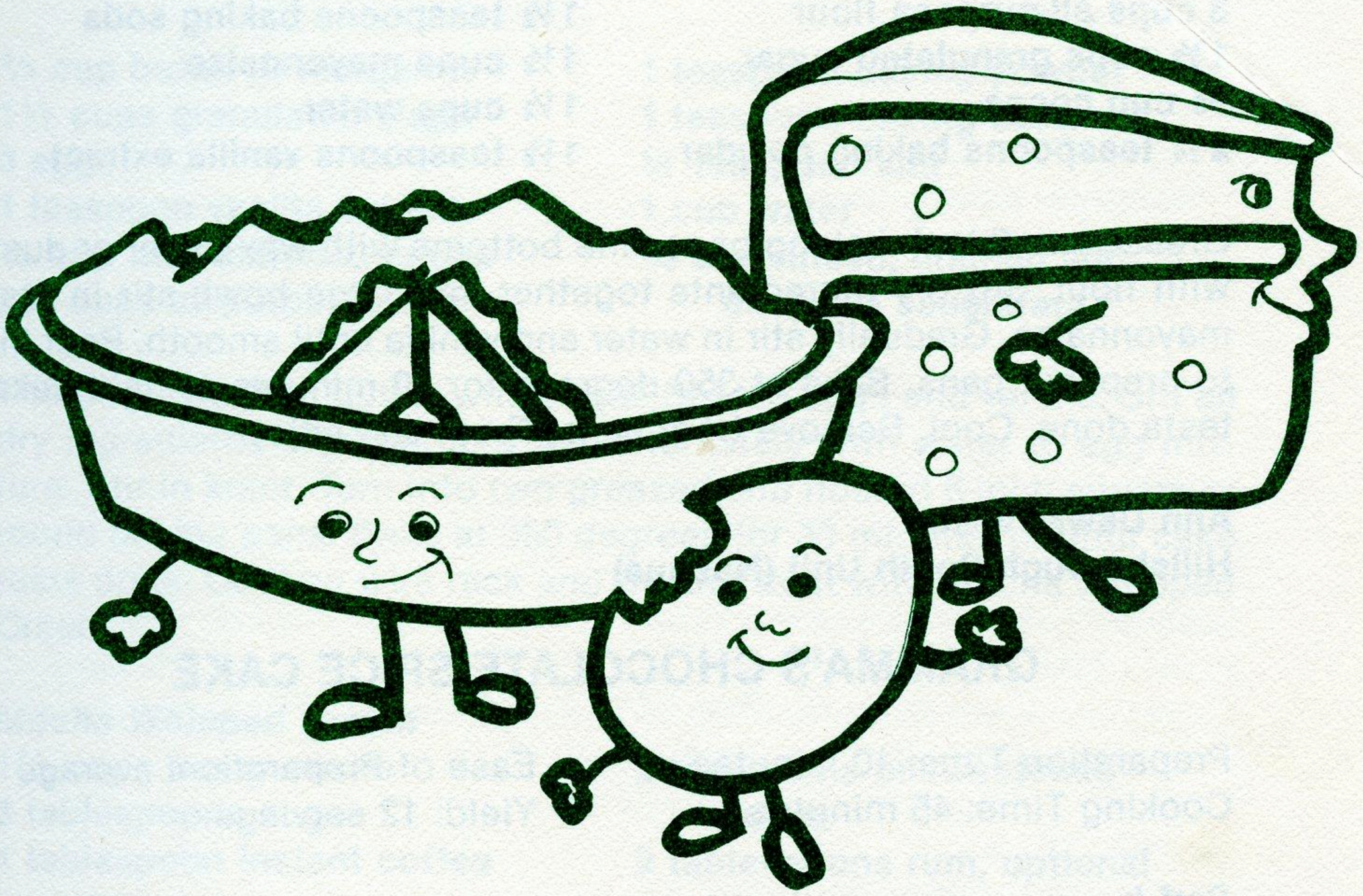
SUGGESTED USES FOR HERBS AND SPICES

Spice	Form	Uses
ALLSPICE	Ground	Fruit & custard pies Spice cakes & cookies
	Whole	Pickling, meat stews, broths, gravies
ANISE	Whole	Cookies, coffee cakes, rolls, rye bread
BASIL	Leaf	All tomato dishes, pesto sauce, stews & salads
BAY LEAF	Leaf	Stews, chicken, pot roast, vegetables, soups
CARAWAY	Seed	Cheese spreads, breads, roast pork, vegetables, especially cabbage family & sauerkraut
CARDAMOM	Seed & Whole	Remove outer husk and crush seeds or buy ground. Scandinavian pastries, coffee cake, custards, curry powders
CELERY SEED	Whole	Potato salad, cole slaw, salad dressings, pickles, marinades
CHERVIL	Leaf	Similar to parsley uses; poultry, mushroom soup
CHIVES	Leaf	Mild onion flavor; garnishes & in salads & creamed white sauces
CHILI POWDER	Mix	Chili, tacos, spanish rice, beef, pork & veal dishes, sweet vegetables
CINNAMON	Ground	Coffee cakes, spice cakes & cookies, puddings, fruit pies
	Whole	Spiced beverages
CLOVES	Ground	Apple, mince & pumpkin pies, baked beans, spice cakes & cookies, sauces
	Whole	Ham, hot tea
CORIANDER	Ground	Pastries, cookies, buns, curry powders, frankfurters
	Whole	Pickling, sausages
CUMIN	Ground	Deviled eggs, rice, fish, is an ingredient in chili powder
CURRY POWDER	Ground	Mixtures varying in hotness, used in deviled eggs, fish, dips, poultry, chowders, salted nuts, & most especially in curries

DILL	Weed	Potato salad, soups, seafoods, seafood chowders, salad dressing
	Seed	Salad dressings, pickling, creamed chicken, creamed seafood, salads, navy bean soup, cottage cheese
FENNEL	Seed	Breads, pastries, confectionery (licorice flavor), chowders, and soups, sweet pickles, fish dishes
FENUGREEK	Ground	Component of many curry powders, spice blends and chutneys; Greek recipes call for it
	Whole	Principal flavoring ingredient of imitation maple syrup
GARLIC	Cloves	Also dried minced, granulated, powdered, & in salt. Used sparingly, it can add to natural flavor of most foods; salads, fish chowders & bouillabaisse, most meats, dill pickles, poultry, herb sauces, salad dressings, soups & stocks
GINGER	Ground	Pumpkin pie, cookies, spice cakes, puddings, stews, french dressing, Chinese stir-fried foods
JUNIPER BERRIES	Whole	German-style pork dishes, bastes & marinades, meat & game stews, with duck, & to season sauerkraut
LEMON BALM	Leaf	Tea, fruit drinks, lemonade, wine cups, mixed fruit salads, tossed green salads, roast lamb, cream sauces over fish, cream soups, stuffings
LOVAGE	Leaf	Fresh, use wherever celery is used. Fish chowders & sauces, tossed green salads, soups & stews
MACE	Ground	Fish, stews, gingerbread, cakes, chocolate dishes, fruit pies, cheese sauces
	Blade	Pickling spice
MARJORAM	Leaf	Italian sauces, roast beef, pork, lamb, & veal; stews, stuffings, omelets, lamb chops, tossed green salads, baked & broiled fish, clam, onion & oyster soups, peas, carrots, spinach

MINT	Leaf	Many varieties. Fruit salads, lamb & veal roasts, in teas, jellies, baked & broiled fish, herb sauces, garnish for split pea soup and vegetables, incl. carrots, green beans, peas, potatoes, spinach
MUSTARD	Ground	Cheese sauces, vegetables, molasses cookies, baked beans
	Seeds	Pickling, chutneys, boiled cabbage, sauerkraut, sausages, boiled beets, tossed green salads
NUTMEG	Ground	Interchangeable with mace; milk beverages, spice cakes & cookies, with fruits in pies, baked, stews, garnish eggnog & scrambled eggs, beef pies or stews, puddings, sauces, garnish vegetables & soup
ONION	Many	Appetizers, cheese dishes, egg dishes, with fish, game, seafoods, meats, salads, sauces, with all sweet vegetables
OREGANO	Leaf	Use sparingly; appetizers, with fish, baked or stuffed, meats, roasted poultry, salads of all kinds, cream sauces, meat sauce, spaghetti sauce, pizza, subs
PAPRIKA	Ground	As garnish or ingredient in; poultry, goulash, vegetables, canapes, chowders, casseroles
PARSLEY	Leaf	Soups, salads, meat stews, all vegetables, potatoes, dips, fish marinades, all broiled & roasted meats
PEPPER, RED	Crushed	Use with caution & good judgement; use with game in gravies, in sauces, especially Italian types, stews, cook with corn and tomatoes
PEPPERCORNS, BLACK	Ground	As universal in use as salt; almost all foods except desserts benefit from its addition
	Whole	Use 3 or 4 to flavor a soup, stew, gravy or pot roast

PEPPERCORNS, WHITE	Ground	Milder than black pepper; use in or on light-colored foods, sauces, soups, chowders
PEPPER, CAYENNE	Ground	From dried pod-like berries; think in terms of a few grains or a pinch to point up the flavor of cheeses, salad dressings, clam & oyster stews, sauces for meats & fish, barbecue sauce
PEPPER, RED CHILI	Crushed	Use with caution; Italian tomato sauces, brown & tomato sauces, cream soups, meat & poultry stews, use with corn & tomatoes
POPPY SEEDS	Whole	Cakes, breads & rolls, salad dressings, garnish for noodles, salad dressings, green peas. The beautiful blue commercial seed has no narcotic qualities
ROSEMARY	Leaf	Rub ½ to 1 teaspoon over game or meats to be roasted or broiled; rub inside poultry before roasting; use ¼ teaspoon in cooking water for potatoes, cauliflower, peas, turnips; use in marinades, sparingly
SAFFLOWER	Petals	A substitute for Saffron, as a coloring in foods. Slightly bitter
SAFFRON	Threads	Used for its color and faintly bitter exotic flavor. Very expensive, but goes far. A pinch will flavor a pound of rice. The traditional flavoring of French bouillabaisse, Spanish Paella, Milanese Risotto & Cornish Saffron Cake. Also used in fish dishes, breads, chicken dishes
SAGE	Leaf	Use sparingly, in poultry dressings, meat loaf, rubbed over veal for roasting, to flavor cheeses for canapes, soups, stews
SAVORY	Leaf	Use sparingly, in scrambled eggs, poultry stuffing, hamburgers, fish, tossed salads, and especially with green beans. Used in bouquet garni



Desserts

WONDERFUL CHOCOLATE MAYONNAISE CAKE

Preparation Time: 45 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 12 servings

3 cups all-purpose flour
1½ cups granulated sugar
⅓ cup cocoa
2¼ teaspoons baking powder
1½ teaspoons baking soda
1½ cups mayonnaise
1½ cups water
1½ teaspoons vanilla extract

Grease two 9-inch baking pans; line bottoms with wax paper or dust with flour. Sift dry ingredients together into large bowl; stir in real mayonnaise. Gradually stir in water and vanilla until smooth. Pour into prepared pans. Bake at 350 degrees for 30 minutes or until cake tests done. Cool. Remove from pans. Frost and enjoy.

Ann Dewar Vose
Hillsborough South Unit (Nashua)

GRAMMA'S CHOCOLATE SPICE CAKE

Preparation Time: 10 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 12 servings

Part I:
2 tablespoons cocoa
1 cup granulated sugar
½ cup butter or margarine
1 teaspoon cinnamon
1 cup raisins
½ teaspoon cloves
1½ cups water

Boil all ingredients in small saucepan for 3 minutes. Remove from heat and set aside to cool.

Part II:
2 cups all-purpose flour
1 teaspoon baking soda
1 rounded teaspoon baking powder
½ teaspoon salt
1 teaspoon vanilla extract

Stir dry ingredients and vanilla into first mixture which has cooled. Pour into greased and floured 10-inch tube cake pan and bake at 325 degrees for 45 minutes. Cool on wire rack. Frost with vanilla frosting.

Alice E. Woods
Rockingham West Unit (Hampstead)

CHOCOLATE KRAUT CAKE WITH MOCHA WHIPPED CREAM

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 10 to 12 servings

⅔ cup butter or margarine
1½ cups granulated sugar
3 eggs
1 teaspoon vanilla extract
½ cup unsweetened cocoa
2¼ cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 cup water
⅔ cup rinsed, drained and chopped sauerkraut

Thoroughly cream butter with sugar. Beat in eggs and vanilla. Sift all dry ingredients together and add alternately with water to egg mixture. Stir in kraut. Turn into two greased and floured 8-inch square or round baking pans. Bake at 350 degrees for 30 minutes or until cake tests done. Cool on wire rack and fill and frost with Mocha Whipped Cream.

Mocha Whipped Cream

1½ cups heavy cream
3 tablespoons sugar
1 tablespoon instant coffee granules
2 teaspoons unsweetened cocoa
2 tablespoons rum, optional

Whip all together until soft peaks form. Use to fill and frost cake.
Note: This cake may also be frosted with a chocolate frosting—it keeps well and retains its moisture.

Eleanor Shadis
Sullivan Unit (Newport)

When rolling cookie dough, use powdered sugar on the board instead of flour. The cookies may be a bit sweeter but they will not toughen as they sometimes do on a floured board.

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CHOCOLATE CHIP SOUR CREAM CAKE

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 15 servings

½ cup butter or margarine
1 cup granulated sugar
2 eggs, beaten
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 cup sour cream
2 tablespoons milk
1½ teaspoons vanilla extract
1 (6-ounce) package chocolate chips
2 teaspoons cinnamon
½ cup granulated sugar

Cream butter and sugar. Beat in eggs until mixture is light and fluffy. Sift together flour, soda and baking powder; combine milk with sour cream. Add flour mixture and sour cream mixture alternately until all are well-combined. Add vanilla; fold in chocolate chips. Pour half the batter into a greased and floured 10-inch tube baking pan. Mix together the ½ cup sugar and cinnamon and sprinkle half over batter in pan. Gently pour in remaining batter, then sprinkle with remaining sugar/cinnamon mixture. Bake at 350 degrees for 45 minutes or until cake tests done. Cool on wire rack.

Janet L. Slaven
Southeastern Unit (Hampton)

TEMPTATION SPICE CAKE

Preparation Time: 15 minutes
Cooking Time: 30 to 45 minutes

Ease of Preparation: easy
Yield: 12 to 15 servings

2 cups sifted all-purpose flour
1⅓ cups granulated sugar
3½ teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
½ cup butter, softened
1 cup milk
1 teaspoon vanilla extract

In a large mixing bowl, sift together dry ingredients. Add butter, milk, vanilla and eggs and mix well. Grease and flour two 9-inch baking pans or one 13x9x2-inch baking pan. Pour in batter and bake in preheated 350 degree oven: 25 to 30 minutes for 9-inch pans or 45 minutes for rectangular pan.

Continued

Penuche Frosting

½ cup butter
1 cup firmly packed brown sugar
¼ cup milk
1¾ to 2 cups powdered sugar

Melt butter in heavy saucepan; stir in brown sugar. Boil and stir mixture for 2 minutes. Stir in milk. Bring to boil, stirring constantly. Remove from heat and cool to 120 degrees on candy thermometer. Gradually stir in sugar. Beat until thick enough to spread. Frost top and sides of cake and between layers.

Sandra S. Bonneau
Cheshire Unit (Westmoreland)

DEVIL CAKE

Preparation Time: 10 to 15 minutes
Cooking Time: 25 to 30 minutes
Ease of Preparation: easy
Yield: 16 servings

1 egg
½ cup cocoa
½ cup shortening
1 teaspoon vanilla extract
½ cup sour milk or buttermilk
1½ cups sifted all-purpose flour
½ teaspoon salt
1 teaspoon baking soda
1 cup granulated sugar
½ cup hot water

In large mixing bowl, cream shortening, cocoa, and egg; add vanilla and buttermilk. Sift dry ingredients together and add to creamed mixture. Beat in hot water. Pour into two greased and floured 9-inch baking pans. Bake at 350 degrees for 25 to 30 minutes. Cover with favorite frosting.

Mrs. Myla K. Morse
Twin Rivers Unit (West Franklin)

Variation submitted by Vera L. MacDougall
Grafton East Unit (Bristol)

Variation: Mrs. MacDougall uses sweet milk and adds ½ cup boiling coffee instead of hot water to above recipe.

COCONUT POUND CAKE

Preparation Time: 20 minutes
Cooking Time: 1½ to 2 hours

Ease of Preparation: easy
Yield: 15 to 20 servings

1½ cups butter
3 cups granulated sugar
6 eggs
3 cups all-purpose flour
1 cup milk
1 teaspoon almond extract
1 teaspoon vanilla extract
1 (6-ounce) package coconut

Cream butter and sugar until light and fluffy; add eggs, one at a time, beating well after each addition. Add flavorings; add milk and flour alternately. Stir in coconut. Pour batter into greased and floured 10-inch tube pan. Bake at 300 degrees for about 1½ to 2 hours or until cake tests done. Cool on wire rack.

Ada Wingate (Mrs. Joseph L.)
Rockingham West Unit (Londonderry)

MOM'S CARROT CAKE

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 12 to 16 servings

1½ cups oil
2 (3-ounce) jars junior baby food carrots
2 cups granulated sugar
4 eggs
3 cups all-purpose flour
2 teaspoons cinnamon
2 teaspoons baking powder
2 teaspoons baking soda
1 cup chopped walnuts
1 cup seedless raisins

Sift together flour, cinnamon, baking powder and soda. Mix oil with carrots, sugar and eggs and beat well with electric mixer. Add sifted dry ingredients a little at a time, beating constantly. Beat about 2 minutes. Stir in nuts and raisins. Pour into (2 layer or) one 10-inch tube cake pan which has been greased and floured. Bake at 375 degrees for 45 minutes (tube pan) or about 25 to 30 minutes for layer pans. Cool on wire rack and frost with butter or cream cheese frosting.

Mary Christiansen
Kearsarge Lake Sunapee Unit (Newbury)

CREAM CHEESE BUNDT CAKE

Preparation Time: about 1 hour
Cooking Time: 55 minutes

Ease of Preparation: average
Yield: 12 to 16 servings

Cake:

1 (18.5-ounce) package yellow cake mix
¾ cup apricot nectar
¼ cup butter
3 eggs
12 to 16 ounces cream cheese, softened
½ cup granulated sugar
2 tablespoons lemon juice
1 cup coconut

Mix yellow cake mix, apricot nectar, butter and eggs well in large bowl of electric mixer. Pour into greased and floured bundt cake pan. Beat cream cheese (the more you use, the creamier the center of cake) with sugar, lemon juice and coconut. Spoon over top of batter in pan, being careful to keep filling away from sides of pan. Bake at 350 degrees for 50 to 55 minutes. Cool for 10 to 15 minutes in pan, invert onto plate and spoon over glaze.

Glaze:

1 cup powdered sugar
1 tablespoon apricot nectar
1 tablespoon lemon juice

Mix ingredients well in small bowl and spoon over warm cake.

Jan Eberly
Kearsarge Lake Sunapee Unit (New London)

For a crumb crust that won't stick, just before serving pie, wrap a hot, wet towel under bottom and around sides of pie plate. Hold towel against plate for a few minutes. This loosens crust and prevents breaking.

* * *

ITALIAN PINEAPPLE CAKE

Preparation Time: 10 minutes
Cooking Time: 1 hour
Ease of Preparation: easy
Yield: 12 to 16 servings

Cake:

2 eggs
2 cups flour
1½ cups granulated sugar
2 teaspoons baking soda
¼ teaspoon salt
1 (20-ounce) can crushed pineapple with juice
1 cup chopped walnuts

In large mixing bowl, cream eggs and sugar; add dry ingredients and mix well. Add pineapple and nuts; mix until blended. Pour into greased and floured 13x9x2-inch baking pan. Bake at 350 degrees for 1 hour. Cool and frost.

Frosting:

1 (8-ounce) package cream cheese, softened
2 cups powdered sugar
6 tablespoons soft margarine
1 teaspoon vanilla extract

Cream softened cream cheese, butter and sugar well; add vanilla and use to spread over top of cooled cake.

Evelyn Ewing
Rockingham West Unit (Atkinson)

WHITE NUT CAKE

Preparation Time: 30 minutes
Cooking Time: 30 minutes
Ease of Preparation: average
Yield: 6 to 8 servings

Cake:

½ cup butter or margarine
1 cup granulated sugar
1½ cups all-purpose flour
½ teaspoon cream of tartar
¼ teaspoon baking soda
⅛ teaspoon salt
½ cup milk
½ teaspoon vanilla extract
2 egg whites
½ cup chopped walnuts

In large mixing bowl, cream butter and sugar until light and fluffy. Sift flour, cream of tartar, baking soda and salt together. Add to butter mixture alternately with milk. Add vanilla. Beat egg whites to a froth; fold into batter. Fold in chopped walnuts; pour batter into a greased 9-inch cake pan. Bake at 350 degrees for 35 minutes or until cake tests done. Cool slightly in pan; invert onto wire rack. When cool, frost with Butter Frosting.

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Butter Frosting:

2 tablespoons butter
2 cups sifted powdered sugar
¼ teaspoon salt
4 tablespoons cream, scalded
½ teaspoon vanilla extract

Cream butter and ½ cup sugar in small bowl of electric mixer; add remaining sugar and salt alternately with cream until of spreading consistency. Add vanilla and use to frost top and sides of cake.

Pauline Bartlett
Sullivan Unit (Newport)

KENTUCKY BUTTER CAKE

Preparation Time: 15 to 20 minutes
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 12 to 16 servings

Cake:

3 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
½ teaspoon baking soda
1 cup butter
2 cups granulated sugar
4 eggs
1 cup buttermilk or sour milk
2 teaspoons vanilla extract

Sift flour, baking powder, salt and soda together and set aside. Cream butter and sugar until light and fluffy; beat in eggs, one at a time, until mixed well. Add dry ingredients to batter alternately with buttermilk which has been combined with vanilla. Pour batter into a greased and floured 10-inch tube cake pan. Bake at 325 degrees for 1 hour or until cake springs back in center. Remove from oven; run a spatula around edge of pan and prick top of cake well with a fork. Pour hot sauce over cake. Allow cake to cool in pan before removing.

Sauce:

1 cup granulated sugar
½ cup butter
½ cup hot (not boiling) water
1 tablespoon vanilla or rum extract

Mix all ingredients in saucepan and place over medium heat, stirring constantly, until sugar melts. Spoon over hot cake.

Andrea Jourdenais
Sullivan Unit (Newport)

CAKE FOR ALL SEASONS

Preparation Time: 20 minutes
Cooking Time: 1 hour and 20 minutes
Ease of Preparation: average
Yield: 12 to 14 servings

1 (8-ounce) package cream cheese
1 cup margarine
1½ cups granulated sugar
1½ teaspoons vanilla extract
1 teaspoon almond extract
4 eggs
2¼ cups sifted all-purpose flour
1½ teaspoons baking powder
½ teaspoon salt
¾ cup chopped nuts (pecans, walnuts or almonds)
1 (8-ounce) carton candied or glacé cherries, cut in halves

Blend softened cream cheese, margarine, sugar, vanilla and almond extracts. Add eggs, one at a time, beating well after each addition. Gradually add 2 cups sifted flour with baking powder and salt. Combine remaining flour with nuts and cherries; fold into batter. Grease a 10-inch tube cake pan; pour batter into pan and bake at 325 degrees for 1 hour and 20 minutes. Cool and remove from pan to wire rack to complete cooling. *Note: This cake may be frosted or glazed but is delicious without frosting and freezes better. Let stand overnight before cutting. Cake goes well with tea, coffee or ice cream.*

Mrs. George Kraft (Dorothy)
Sullivan Unit (Claremont)

GRASSHOPPER CAKE

Preparation Time: 10 minutes
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 12 to 14 servings

1 (18.5-ounce) package white cake mix
4 eggs
1 (3-ounce) package instant pistachio pudding mix
½ cup oil
½ cup orange juice
½ cup creme de menthe
½ cup cream de cocoa
½ cup chocolate syrup

Beat all ingredients, except chocolate syrup, together in large bowl of electric mixer for 4 minutes. Pour ¾ of the batter into a greased and floured 10-inch tube pan. Mix syrup with remaining batter and spoon into pan. Bake at 350 degrees for 1 hour or until cake tests done. Cool for 20 minutes before removing from pan.

Barbara Toomire
Greater Portsmouth Unit (Portsmouth)

LEMON CREAM DESSERT CAKE

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 16 servings

Cake:

1 (18.5-ounce) package deluxe white cake mix
1 cup water
⅓ cup oil
3 eggs, separated
½ cup coconut
2 tablespoons grated lemon peel
3 tablespoons lemon juice

Grease and flour two 9-inch round cake pans. In large bowl, blend cake mix, water, oil and egg whites with an electric mixer at low speed just until moistened. Beat for 2 minutes at high speed. Fold in coconut and lemon peel. Remove 2 cups batter and set aside. In a small bowl, beat egg yolks for 2 minutes at high speed. Add the 2 cups reserved batter and lemon juice; mix well. Spoon batters alternately into prepared cake pans, beginning and ending with white batter. Swirl slightly to marble. Bake at 350 degrees for 20 to 30 minutes or until cake tests done when a toothpick inserted just off-center comes out clean. Cool for 15 minutes. Remove from pans and cool completely on wire racks before frosting.

Frosting:

1 cup powdered sugar
1 (8-ounce) package cream cheese, softened
1 (8-ounce) carton non-dairy whipped topping, thawed
1 (3½-ounce) package instant lemon pudding mix
1 cup milk
1 tablespoon grated lemon peel

In large bowl, blend powdered sugar and cream cheese until smooth. Fold in whipped topping. In small bowl, mix pudding with milk for 2 minutes at low speed. Stir in lemon peel. Fold into cheese mixture. Fill and frost cake using 1 cup between layers for filling. Swirl on top so it looks pretty. Store in refrigerator.

Mrs. Robert M. Love (Diana)
Sullivan Unit (Claremont)

BUTTER CRESCENTS

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: about 3 dozen

1 cup butter
¼ cup powdered sugar
1 tablespoon water
2 tablespoons vanilla extact
2 cups all-purpose flour
1 cup finely chopped nuts
Powdered sugar

Melt butter in saucepan. Remove from heat and stir in ¼ cup powdered sugar, water and vanilla. Gradually blend in flour and pecans to make a pastry-like dough. Pinch off dough about a teaspoon at a time and roll lightly between palms of hands to form a 2-inch long strip. Place on an ungreased baking sheet and shape into crescents. Bake for 20 minutes at 300 degrees. Remove carefully from pan and dust with powdered sugar while hot. Cool on wire rack and dust again with sugar.

Jeannette Fortier
Androscoggin Unit (Berlin)

ITALIAN ALMOND COOKIES

Preparation Time: 15 minutes
Cooking Time: 20 to 25 minutes

Ease of Preparation: average
Yield: 36 to 48

2 eggs
2 cups granulated sugar
¼ cup orange juice
1 teaspoon grated orange peel
⅓ cup oil
2¾ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon cloves
1 teaspoon cinnamon
1 cup skinned whole almonds
1 cup chopped walnuts
1 egg, beaten

Mix eggs, sugar and juice together in large bowl. Add dry ingredients, which have been sifted together, alternately to mixture with oil. Fold in all nuts. Refrigerate dough for 5 or 10 minutes to make it easier to handle. Flour hands and board well and shape dough into 4 long rolls. Place on greased baking sheets (2 rolls per sheet). Brush tops with beaten egg and bake about 20 to 25 minutes at 350 degrees. Cool slightly and remove from pan. Cut diagonally into slices before cookies cool completely.

Mary Mullen
Belknap Unit (Laconia)

KIFLES

Preparation Time: about 1 hour
Cooking Time: 20 minutes

Ease of Preparation: average
Yield: 36

½ cup sour cream
1 tablespoon boiling water
1 package active dry yeast
½ cup margarine, softened
2½ cup all-purpose flour
2 egg yolks
1 cup finely chopped walnuts
½ cup granulated sugar
1 teaspoon vanilla extract
2 egg whites

Combine sour cream with boiling water and mix well. Stir in yeast and let stand for 3 minutes. Stir until yeast is dissolved and set aside. Place margarine and ½ cup flour in mixing bowl; add sour cream/yeast mixture and beat for 1 minute at low speed. Add egg yolks and ¼ cup flour. Beat at medium speed for 1 minute; stir in enough additional flour to make a soft dough. Turn onto a floured board and knead for 8 to 10 minutes. Divide dough into 3 pieces and wrap in wax paper. Chill for 2 hours or up to 5 days. When ready to shape, combine walnuts, sugar and vanilla. Fold in stiffly beaten egg whites. Dust board with powdered sugar and roll each piece of dough into a 10-inch circle. Cut each circle into 12 wedges. Top the wide end of each wedge with 1 teaspoon filling; roll up, beginning at wide end, to form crescents. Place onto a greased baking sheet with points tucked underneath. Bake at 375 degrees for about 20 minutes or until golden brown. Cool on wire racks. Frost with powdered sugar frosting. (May add food coloring to frosting for holidays.)

Dorothy C. Guyotte
Grafton East Unit (Ashland)

When cutting marshmallows or chopping dates, dip scissors in water and cut them wet and they won't stick.

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EFFIE'S RAISIN FILLED COOKIES

Preparation Time: about 40 minutes
Cooking Time: 10 minutes
Ease of Preparation: average
Yield: about 18 cookies

Dough:

1 cup granulated sugar
½ cup shortening
½ cup milk
1 egg
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon cream of tartar
1 teaspoon baking soda

Beat sugar and shortening in bowl of electric mixer until light and fluffy. Add egg and mix well. Sift dry ingredients together and add alternately to mixture with milk; mix well. Cover and refrigerate for 4 hours to chill.

Filling:

1 cup chopped raisins
1 teaspoon flour
½ cup granulated sugar
½ cup water

Cook all filling ingredients slowly in saucepan over medium heat, stirring constantly. Cool while dough is chilling. To make cookies, roll dough out on well-floured board and cut into circles with cookie cutter. Place a teaspoon of filling on half the circles; cover with another cookie and press edges gently to seal with tines of fork. Place on baking sheet and bake at 400 degrees until golden brown, about 10 minutes.

Pat Ulrich
Carroll North Unit (Conway)

CREAM CHEESE COOKIES

Preparation Time: 30 minutes
Cooking Time: 15 minutes, each pan
Ease of Preparation: easy
Yield: 36 cookies

2 cups shortening
2 (3-ounce) packages cream cheese, softened
2 cups granulated sugar
2 egg yolks
1½ teaspoons vanilla extract
5 cups all-purpose flour

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Cream shortening until fluffy; gradually work in cream cheese and sugar until mixture is smooth and creamy. Beat in egg yolks, vanilla and flour. Drop by spoonsful onto a baking sheet (or chill and roll with a rolling pin and cut into desired shapes). Bake at 375 degrees for 15 minutes.

Janet Slaven
Southeastern Unit (Hampton)

CZECHOSLAVAKIAN BAR COOKIES

Preparation Time: 1½ hours
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 2 dozen

1 cup granulated sugar
1 cup margarine
2 egg yolks
2 cups all-purpose flour
1 cup chopped pecans
½ cup strawberry jam

Cream margarine and sugar; add egg yolks, flour and pecans. Mix thoroughly. Spread half of batter into an 8-inch square baking pan. Mash strawberry jam with fork and spread over top of batter. Press remaining batter over jam layer. Bake at 375 degrees for about 1 hour. Cool and cut into squares.

Beverly Barney
Southeastern Unit (Exeter)

LEMON SQUARES

Preparation Time: 50 minutes
Cooking Time: 40 minutes
Ease of Preparation: easy
Yield: 15 to 20

1 cup all-purpose flour
1 cup butter
½ cup powdered sugar
2 eggs
1 cup granulated sugar
½ teaspoon baking powder
¼ teaspoon salt
2 tablespoons lemon juice

Mix flour, butter and powdered sugar in medium-sized bowl. When well mixed, spread into a greased 9x9-inch baking pan and bake at 350 degrees for 20 minutes. Meanwhile, mix remaining ingredients in bowl and pour over crust when it is done. Return to oven and bake for 20 minutes longer. Set aside to cool before cutting into squares.

Hank Knight
Rockingham West Unit (Londonderry)

DOT'S PECAN DAINTIES

Preparation Time: 30 minutes
Cooking Time: 6 to 8 minutes, each pan

Ease of Preparation: easy
Yield: 3 to 4 dozen cookies

½ cup butter
⅓ cup granulated sugar
1 egg, beaten
¾ cup sifted all-purpose flour
½ teaspoon vanilla extract
Pecan halves (about 40)

Cream butter and sugar. Add egg, then flour and vanilla, mixing with a spoon. Drop by teaspoonsful onto an ungreased baking sheet about 2 inches apart (cookies spread). Flatten slightly with a knife dipped in cold water. Place a pecan half in center of each cookie and tap gently with finger. Bake at 375 degrees for 6 to 8 minutes or until edges are golden brown. *Note: Beating egg too much will cause air pockets in cookies.*

Dorothy G. Sullivan
Rockingham West Unit (Derry)

RAISIN DROP COOKIES

Preparation Time: 10 minutes
Cooking Time: 10 minutes, each pan

Ease of Preparation: easy
Yield: 70 cookies

2 cups raisins
1 cup water
1 cup shortening
1 cup granulated sugar
1 cup firmly packed brown sugar
1 teaspoon vanilla extract
3 eggs
4 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon cinnamon
¼ teaspoon salt

Boil raisins and water for 5 minutes. Set aside to cool. Cream shortening, sugars and vanilla; add eggs, one at a time, beating well. Add raisin mixture. Sift flour, baking powder, soda, nutmeg, cinnamon and salt together. Mix into batter; drop from a spoon onto a greased baking sheet. Bake at 350 degrees for 10 minutes or until lightly browned.

Mrs. Charles Guest (Edna)
Sullivan Unit (Cornish)

CONGO BARS

Preparation Time: 45 minutes
Cooking Time: 20 to 25 minutes

Ease of Preparation: easy
Yield: 36 bars

½ cup plus 2 tablespoons margarine, melted
1 (16-ounce) box light brown sugar
3 eggs
2½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
1 (6-ounce) package chocolate chips

Melt margarine over low heat in saucepan. Cool for a few minutes; pour into a large mixing bowl and stir in brown sugar. Add eggs and beat well. Mix dry ingredients together in separate bowl and add to batter. Mix well. Stir in chocolate chips. Spread into greased 15x10x1-inch baking pan (mixture will be quite stiff). Bake at 350 degrees for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Cool slightly before cutting.

Janice Devine (Mrs. John)
Rockingham West Unit (Londonderry)

GRANDMA'S LEMON SPONGE PIE

Preparation Time: 10 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

Juice and rind of 1 lemon
1 cup granulated sugar
1 tablespoon flour
1 heaping teaspoon butter
2 eggs, separated
1 cup milk
1 prepared (8-inch) pie shell

Beat all ingredients together in large mixing bowl, except egg whites. Beat egg whites separately in small bowl until stiff; fold into mixture. Spoon into prepared pie shell. Bake at 300 degrees for about 45 minutes.

Alice E. Woods
Rockingham West Unit (Hampstead)

DELICIOUS STRAWBERRY PIE

Preparation Time: 30 minutes
Cooking Time: 15 minutes

Ease of Preparation: average
Yield: 6 to 8 servings

1 cup fresh strawberries, mashed
¾ cup water
1 cup granulated sugar
3 tablespoons cornstarch
1 teaspoon lemon juice
1 quart strawberries
1 baked (9-inch) pie crust

Put mashed strawberries and water into saucepan. Cook until strawberries loose their color. Sift cornstarch with sugar and stir into mixture. Continue to boil gently, stirring, until mixture thickens and becomes clear, about 5 minutes. Remove from heat and stir in lemon juice. Place whole strawberries in prepared pie crust. Pour cooked mixture over all and refrigerate. Chill thoroughly and spread with whipped cream before cutting.

Jeannette S. Smith
Cheshire Unit (Westmoreland)

SHOO FLY PIE

Preparation Time: 30 minutes
Cooking Time: 35 minutes

Ease of Preparation: average
Yield: 8 servings

1 unbaked (8-inch) pie shell
¼ cup shortening
1½ cups all-purpose flour
1 cup firmly packed brown sugar
¾ teaspoon baking soda
⅛ teaspoon nutmeg
Pinch of ginger, cinnamon and cloves
¼ teaspoon salt
¾ cup molasses
¾ cup hot water

In a large mixing bowl, combine shortening, flour and brown sugar with fork or fingertips. Set aside. In small mixing bowl, combine baking soda, nutmeg, ginger, cinnamon, cloves, salt and molasses. Mix well. Add hot water and stir until dissolved; set aside. Pour dry and liquid mixtures alternately into prepared pie shell, beginning and ending with dry mixture. Bake for 15 minutes at 450 degrees; reduce heat to 350 and continue baking for 20 minutes.

Gail Lynch
Grafton East Unit (East Hebron)

CHOCOLATE PECAN PIE

Preparation Time: 10 to 15 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 8 servings

Unbaked pastry for one 9-inch pie
2 squares (2 ounces) unsweetened chocolate
3 tablespoons butter
1 cup light corn syrup
¾ cup granulated sugar
3 eggs, beaten lightly
1 teaspoon vanilla extract
1 cup coarsely chopped pecans
½ cup heavy cream, whipped

Preheat oven to 375 degrees. Line a 9-inch pie plate with prepared pastry. Melt chocolate and butter in top of double boiler over hot water. In small saucepan, boil syrup and sugar together for 2 minutes. Blend melted chocolate mixture with syrup mixture and pour slowly over beaten eggs, stirring constantly. Add vanilla and pecans. Turn mixture into prepared pie shell. Bake for 45 to 50 minutes or until pie is completely puffed across top. Cool. Serve with whipped cream.

Eve Lewis
Belknap Unit (Gilford)

CHOCOCHIP MARSHMALLOW PIE

Preparation Time: 1 hour
Cooking Time: 15 minutes

Ease of Preparation: easy
Yield: 8 servings

Pie crust of your choice, baked and cooled
32 marshmallows (3 cups miniature)
¾ cup milk
¼ teaspoon salt
1 teaspoon vanilla extract
1 cup chilled whipping cream
2 squares (2 ounces) semi-sweet chocolate, grated

Combine marshmallows, milk and salt in saucepan. Cook over low heat, stirring constantly, just until marshmallows are melted. Chill to partially set. Beat cream until stiff; fold in cooled marshmallow mixture. Add vanilla and grated chocolate. Pile lightly into pie shell. Chill at least 4 hours before serving to set.

Mary E. Anderson
Sullivan Unit (Newport)

LEMON CUSTARD PIE

Preparation Time: 30 minutes
Cooking Time: 40 minutes

Ease of Preparation: average
Yield: 8 servings

1 (9-inch) pie shell
2 eggs
1 egg yolk
2 teaspoons grated lemon peel
⅔ cup granulated sugar
1 (14-ounce) can evaporated milk
1 teaspoon lemon extract
1 egg white
Dash of salt
2 tablespoons sugar

Beat eggs, egg yolk, and lemon peel until well-blended. Beating constantly, gradually add ⅔ cup sugar. Add evaporated milk and lemon extract slowly, beating until well-blended. Beat egg white in separate bowl with salt until frothy. Add 2 tablespoons sugar and beat until stiff peaks form. Add custard mixture to egg whites in small amounts, folding gently. Pour into pie shell. Bake at 425 degrees for 10 minutes; reduce heat to 300 degrees and continue to bake for 25 to 30 minutes.

Wynetta B. Harwood
Belknap Unit (Lakeport)

BARB'S SOUR CREAM PIE

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Ease of Preparation: average
Yield: 8 servings

Crust:
2 cups all-purpose flour
1 teaspoon salt
⅔ cup plus 2 tablespoons shortening
4 to 5 tablespoons *cold* water

Measure flour and salt into mixing bowl; cut in shortening throroughly. Sprinkle with water, 1 tablespoon at a time, mixing with fork until all flour is moistened and dough almost cleans side of bowl. Gather dough into a ball and roll out for a one-crust pie. Line pie plate with crust, prick bottom and sides to prevent shrinking. Trim edges in desired pattern.

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Filling:

2 eggs, separated
1 cup granulated sugar
1 tablespoon vinegar
1 tablespoon flour
2 cups sour cream
¼ cup milk
¼ teaspoon ground cloves
¼ teaspoon cinnamon
¼ cup sugar

Separate eggs and set whites aside. Place yolks in medium-sized bowl. Add sugar, vinegar, flour and mix well. Add sour cream, milk cloves and cinnamon. Beat ingredients well. Pour mixture into unbaked pie shell and bake for 45 minutes at 350 degrees. While pie is baking, beat egg whites for meringue, adding about ¼ cup sugar, gradually, while beating. Remove pie from oven when baked, spoon on meringue and return to oven for about 5 minutes to brown. Cool before slicing.

Bruce Marsette
Cheshire Unit (Keene)

STEAMED CRANBERRY PUDDING

Preparation Time: 10 minutes
Cooking Time: 1 hour
Ease of Preparation: average
Yield: 8 to 12 servings

Pudding:

2 cups sliced cranberries
½ cup molasses
½ cup hot water
2 teaspoons baking soda
1½ cups all-purpose flour

Mix all ingredients well in large mixing bowl. Divide into two well-greased 13-ounce coffee cans. Cover tops with aluminum foil and tie with string. Steam in oven (350 degrees) for 1 hour. (To steam, place coffee cans in 13x9x2-inch baking pan which is filled with 1½ inches of hot water.) Remove from cans, cool slightly and serve with sauce.

Sauce:

½ cup cream
½ cup butter
1 cup granulated sugar
1 teaspoon vanilla extract

Combine cream, butter and sugar in top of double boiler and place over hot water. Cook, stirring, until thickened. Remove from heat and add vanilla. Beat with rotary beater just before serving.

Allison M. Amell
Strafford Unit (Durham)

CHOCOLATE BREAD PUDDING
(Microwave)

Preparation Time: 20 minutes
Cooking Time: 12 to 16 minutes
Ease of Preparation: average
Yield: 6 servings

¼ cup butter
2 squares (2 ounces) baking chocolate
2 cups milk
2 eggs
4 cups breadcubes, lightly packed
½ cup granulated sugar
½ teaspoon salt
1 teaspoon vanilla extract of ¼ teaspoon cinnamon
½ cup raisins, optional

Put milk, butter and chocolate into microwave-proof 1-quart dish, cover and cook on high for 4 minutes (or until chocolate is melted). Slightly beat eggs in an 8-inch round microwave dish. Add breadcubes, sugar, salt, vanilla, raisins and milk mixture. Turn breadcubes over and over until all are covered with mixture. Cover dish with waxed paper and cook at medium high for 9 to 12 minutes, turning dish ¼ turn after 6 minutes. (For less firm pudding, add more milk.) Remove from microwave (center might not be set, but will set as pudding cools). Serve warm or cold with hard sauce.

Hard Sauce:

½ cup butter
½ to 1 cup granulated sugar
1 teaspoon vanilla extract

Cream together softened butter, sugar and vanilla until smooth (will still be grainy). Keep refrigerated.

Diane L. Roberson
Greater Portsmouth Unit (Stratham)

INDIAN PUDDING

Preparation Time: 5 minutes
Cooking Time: 2 hours
Ease of Preparation: easy
Yield: 4 or 5 servings

⅓ cup cornmeal
½ teaspoon ginger
2½ cups milk
½ teaspoon salt
½ cup molasses

Mix all ingredients in order listed in medium mixing bowl until well combined. Transfer to top of double boiler. Place over hot water and steam for 2 hours. Serve warm with ice cream.

Grace Morcroft
Grafton East Unit (Ashland)

RHUBARB PANDOWDY

Preparation Time: 30 minutes
Cooking Time: 50 minutes

Ease of Preparation: easy
Yield: 12 servings

4 cups rhubarb, cubed
1 cup granulated sugar
1 (3-ounce) package strawberry flavored gelatin
2 (8-ounce) packages quick yellow cake mix or 1 (18-ounce) package yellow cake mix
1 cup water
5 tablespoons butter

Mix rhubarb, sugar and strawberry gelatin well in medium-sized bowl. Spoon into a well-greased 13x9x2-inch baking pan. Sprinkle dry cake mix over this mixture. Bring water and butter to a boil in small saucepan. Pour gently over dry mixture. Bake at 350 degrees for 50 minutes. Serve hot.

Bertha Swett
Twin Rivers Unit (West Franklin)

PEACHES AND ALMOND CREAM

Preparation Time: 15 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 8 servings

1 (4-ounce) package instant vanilla pudding mix
1½ cups cold milk
1 teaspoon almond extract
1 (24-ounce) can sliced peaches, well drained
1 cup heavy cream
1 ounce amaretto

Mix pudding with milk and almond extract in small mixing bowl; beat for 2 minutes. Whip cream with amaretto in separate bowl; beat until stiff. Blend pudding with cream. Gently layer peaches and cream in serving bowl, beginning and ending with cream. Keep refrigerated.

Colette J. Johnson
Belknap Unit (Laconia)

RASPBERRY GELATIN MOLD

Preparation Time: 30 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 10 servings

1 (6-ounce) package raspberry flavored gelatin
1½ cups boiling water
1 pint frozen raspberries, thawed
1 (16-ounce) can crushed pineapple with juice
2 bananas, sliced
1 cup chopped walnuts
1 cup sour cream

Combine gelatin and water, stirring, until gelatin is dissolved. Fold in raspberries, pineapple, bananas and walnuts. Pour half this mixture into an 8-inch mold. Set in refrigerator until firm. Spread with sour cream. Top with remaining gelatin mixture. Refrigerate until firm. *Note: May be served on a lettuce leaf. Good with ham.*

Mrs. Madeline Saulnier
Rockingham West Unit (Londonderry)

TIPSY PARSON

Preparation Time: 1 hour
Cooking Time: 20 minutes

Ease of Preparation: easy
Yield: 8 servings

1½ pound frozen pound cake, cut into 1-inch cubes
½ cup dessert sherry (more if desired)
1 cup milk
1 cup light cream
4 egg yolks
½ cup granulated sugar
¼ teaspoon salt
1 cup apricot jam

Arrange half the cake cubes in bottom of pretty clear glass serving bowl. Dribble half the dessert sherry over cake; let soak while making custard. To make custard, heat milk and cream in top of double boiler over hot water until bubbles form around edges. Remove from heat immediately. Lightly beat egg yolks; add sugar, a little at a time, beating constantly. Add salt. Pour hot milk mixture into egg mixture gradually. Return to double boiler and heat until custard coats a metal spoon. Cool. When cooled, spoon half the apricot jam over cake, then add half the custard. Place remaining cake cubes over this and repeat layers. Soak with sherry and top with whipped cream.

Martha Morse
Sullivan Unit (Unity)

BAVARIAN RUM CREAM

Preparation Time: 20 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 6 servings

5 egg yolks
5 teaspoons granulated sugar
¼ cup rum
½ pint heavy cream, whipped
1 dozen lady fingers

In a medium-sized chilled bowl, beat together egg yolks and sugar until light and creamy. Add rum and whipped cream. Cut lady fingers in half lengthwise and line an 8½-inch springform pan on sides and bottom. Pour egg/cream mixture over lady fingers. Chill in refrigerator, or freeze, before serving. May be kept in refrigerator or frozen for dessert.

Martha Marsette
Cheshire Unit (Keene)

MAMA'S BEST GINGERBREAD

Preparation Time: 30 minutes
Cooking Time: 50 to 60 minutes

Ease of Preparation: average
Yield: 8 to 10 servings

½ cup shortening
½ cup granulated sugar
1 egg
2½ cups sifted all-purpose flour
1½ teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon cloves
½ teaspoon salt
1 cup dark molasses
1 cup hot water

Cream together shortening and sugar. Add egg and beat well. Sift dry ingredients together; combine water and molasses. Add liquid and dry mixtures alternately to creamed mixture. Pour batter into greased and floured 8-inch square pan. Bake at 350 degrees for 50 to 60 minutes. Cool in pan for 5 minutes; remove to wire rack and complete cooling. *Note: Serve warm with whipped cream or a hot lemon/butter sauce. Batter may also be put into muffin cups for children, PTA's or Halloween treats.*

Jane Burke, RN
Hillsborough South Unit (Merrimack)

PUMPKIN CAKE ROLL

Preparation Time: 45 minutes
Cooking Time: 20 minutes
Ease of Preparation: difficult
Yield: 8 to 10 servings

3 eggs
1 cup granulated sugar
⅔ can prepared pumpkin (16-ounce)
1 teaspoon lemon juice
¾ cup all-purpose flour
1 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon ginger
½ teaspoon salt
½ teaspoon nutmeg
1 cup finely chopped walnuts
1¼ cups powdered sugar
2 (3-ounce) packages cream cheese
4 tablespoons butter or margarine
½ teaspoon vanilla extract

Beat eggs at high speed of mixer for 5 minutes in large mixing bowl. Gradually add sugar while beating. Stir in pumpkin. Set aside. In another large mixing bowl, mix together flour, baking powder, cinnamon, ginger, salt, nutmeg. Fold into pumpkin mixture. Spread evenly in a greased and floured 15x10x1-inch jellyroll pan. Top with chopped walnuts. Bake at 375 degrees for 15 to 20 minutes. Turn out on towel sprinkled with ¼ cup powdered sugar. Starting at narrow end, roll towel and cake together. Cool and unroll. While cake is cooling, mix together 1 cup powdered sugar, cream cheese, butter and vanilla. Beat until smooth with electric mixer. Spread evenly over cooled cake. Carefully re-roll cake. Wrap tightly in wax paper. Chill in refrigerator before serving.

Gail B. Lynch
Grafton East Unit (East Hebron)

COCONUT CRUNCH TORTE

Preparation Time: 20 minutes
Cooking Time: 30 minutes
Ease of Preparation: average
Yield: 6 servings

4 egg whites
¼ teaspoon salt
¼ teaspoon vanilla extract
1 cup granulated sugar
1 cup graham cracker crumbs
½ cup coconut
½ cup chopped nuts
Whipped cream, optional

Grease a 9-inch pie pan. Beat egg whites, salt and vanilla until foamy. Gradually add sugar, continuing to beat until stiff. Fold in crumbs, coconut and nuts. Spread into prepared pan and bake for 30 minutes at 350 degrees. Serve plain or with whipped cream.

Jane Wallace
Strafford Unit (Durham)

FROZEN STRAWBERRY DELIGHT

Preparation Time: 30 minutes
Cooking Time: 15 minutes (for crust)
Ease of Preparation: average
Yield: 20 to 24 servings

Crust:

½ cup margarine, softened
¼ cup firmly packed brown sugar
½ cup finely chopped nuts
1 cup all-purpose flour

Mix margarine, sugar, nuts and flour lightly on a baking sheet. Bake at 400 degrees for about 15 minutes, or until golden brown (stirring occasionally). Press about ¾ of this mixture into an ungreased 13x9x2-inch baking dish or pan. Reserve remaining mixture for topping.

Filling:

1 (16-ounce) package frozen, sliced strawberries, thawed
2 egg whites
1 cup granulated sugar
1 tablespoon lemon juice
1½ teaspoons vanilla extract
½ pint whipping cream, whipped

In large mixing bowl, combine strawberries, egg whites, sugar, lemon juice and vanilla. Beat for 20 minutes on high speed. Fold in whipped cream. Pile mixture lightly on crust. Sprinkle with reserved crust. Cover pan with plastic wrap and freeze. For best results, freeze 24 hours before serving.

Diane R. Jones
Merrimack Unit (Concord)

ECLAIR DESSERT

Preparation Time: 15 to 20 minutes
Cooking Time: 5 minutes
Ease of Preparation: easy
Yield: 12 to 14 servings

Filling:

2 (6-ounce) packages instant vanilla pudding mix
3 cups milk
1 (8-ounce) carton non-dairy whipped topping, thawed
1 package graham crackers

Line bottom of a 13x9x2-inch baking pan with whole graham crackers. Mix pudding according to package directions with milk. Fold in thawed whipped topping. Spread half of pudding over graham crackers. Layer again with graham crackers. Cover with remaining pudding mixture. Top with another layer of crackers. Spread on chocolate topping. Refrigerate overnight before serving.

Continued

ECLAIR DESSERT, Continued

Topping:

2 squares (2-ounces) unsweetened chocolate, melted
3 tablespoons margarine, melted
2 tablespoons light corn syrup
1 teaspoon vanilla extract
1½ cups powdered sugar
3 tablespoons milk
Hot water, if necessary

Stir melted chocolate, margarine, syrup and vanilla together. Blend in sugar and milk. If mixture is too thick to spread, add enough hot water to make of spreading consistency. Spread over crackers.

Diane Dyer
Southeastern Unit (Stratham)

VELVET CREAM

Preparation Time: 20 minutes
Cooking Time: 10 minutes
Ease of Preparation: average
Yield: 8 servings

Crust:

1½ cups chocolate cookie crumbs, crushed
⅓ cup melted margarine

Combine crushed cookies with margarine. Press into bottom of a 9-inch springform pan. Bake at 325 degrees for about 10 minutes. Set aside to cool.

Filling:

1 (8-ounce) package cream cheese, softened
¼ cup granulated sugar
1 teaspoon vanilla extract
2 eggs, separated
1 (6-ounce) package chocolate chips, melted
1 cup heavy cream, whipped
¼ cup granulated sugar

Combine cream cheese with ¼ cup sugar and vanilla and mix until well blended. Stir in egg yolks and melted chocolate chips. Set aside. In another bowl, beat the egg whites until soft peaks form; gradually add sugar and continue to beat until stiff peaks form. Fold in whipped cream. Fold in chocolate mixture. Pour over crumbs. Refrigerate several hours or overnight.

Roxann Allan
Carroll North Unit (Center Conway)

MILLION DOLLAR FUDGE

Preparation Time: 30 minutes
Cooking Time: 10 minutes

Ease of Preparation: average
Yield: 48 servings

4½ cups granulated sugar
1 (13-ounce) can evaporated milk
2 tablespoons butter
Dash of salt
1 (12-ounce) package semisweet chocolate pieces
3 bars (4-ounce) German sweet chocolate
1 pint (2 cups) marshmallow creme
2 cups chopped pecans

Combine sugar, milk, butter and salt in medium bowl. Pour into a 4-quart saucepan and bring to a boil over medium heat. Place remaining ingredients in large bowl (except pecans). Gradually pour boiling syrup over chocolate mixture and beat until chocolate is melted. Stir in nuts. Pour into a buttered 8-inch square pan. Store in cool place for several hours to harden. Cut into squares.

Mrs. Nelson Roy (Pauline)
Hillsborough North Unit (Bedford)

CHOCOLATE CHURCH WINDOWS

Preparation Time: 15 minutes
Cooking Time: less than 5 minutes

Ease of Preparation: easy
Yield: 18 to 24

1 (6-ounce) package chocolate chips
2 or 3 teaspoons butter
2 eggs, beaten
1 cup ground walnuts
1 cup powdered sugar
1 (10½-ounce) package colored miniature marshmallows
Shredded coconut, optional

Melt chocolate chips and butter over low heat and set aside to cool. Stir in eggs, walnuts, powdered sugar and marshmallows to coat. Shape into 10x1½-inch diameter rolls and roll in shredded coconut. (May roll in powdered sugar sprinkled on wax paper.) Wrap in plastic wrap or wax paper and twist ends. Freeze until ready to slice and serve. *Note: Excellent party candy for Christmas!*

Pamela Parsons Dube
Hillsborough North Unit (Bedford)

WALNUT STRIPES

Preparation Time: 45 minutes
Cooking Time: 25 to 30 minutes
Ease of Preparation: average
Yield: 24 squares

Crust:

½ cup butter
1 cup flour

Cream butter in small bowl of electric mixer; add flour and beat until smooth. Pat out into 10x6-inch baking pan and bake for 15 minutes at 350 degrees. Set aside to cool.

Filling:

1 egg
¾ cup brown sugar
1 tablespoon flour
⅛ teaspoon baking powder
¼ teaspoon salt
½ cup shredded coconut
½ cup chopped walnuts
½ teaspoon vanilla extract

Mix all ingredients well and spread over crust. Bake for 18 minutes or until light brown.

Frosting:

1 tablespoon butter
¾ cup powdered sugar
1 tablespoon orange juice
½ teaspoon lemon juice
Walnuts

Mix frosting ingredients well; spread over cooled filling and sprinkle with chopped walnuts. Cut into squares before serving.

Alison H. Hulme
Southeastern Unit (North Hampton)

International Etc.

PORK CURRY
(Indian)

Preparation Time: 35 to 40 minutes
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 4 to 6 servings

1 onion, chopped fine
2 tablespoons vegetable oil
1 pound cold cooked lean pork, diced
1 to 2 teaspoons curry powder
½ teaspoon ground ginger
2 tablespoons flour
1 garlic clove (optional)
2 cups broth
2 tart apples, diced
½ teaspoon salt
2 tablespoons lemon juice

Brown onion lightly in oil and remove from pan. Brown cooked pork and remove from pan. To oil in pan, add curry powder, ginger, and flour and fry until a smooth paste is formed. Simmer for 3 minutes, then stir in mashed garlic, if desired. Add onion, meat, broth, apples, and salt. Simmer for 30 minutes. Sauce should be thick, not like a thin gravy. Add lemon juice just before serving.

Shirley Ludemann
Belknap Unit (Laconia)

MEXICAN BURRITO CASSEROLE

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 6 servings

12 flour tortillas
2 (8-ounce) cans tomato sauce
2 pounds ground beef
2 cloves garlic, minced
Salt and pepper to taste
1 to 1½ pounds Jack cheese, grated
1 chopped onion
1 (16-ounce) can refried beans
1 (12-ounce) can enchilada sauce

Brown meat with onions and garlic. Add seasonings, tomato sauce, beans, and enchilada sauce. Fill each tortilla (which may be warmed in oven wrapped in foil) with large spoonful of meat mixture and a large handful of cheese. Fold with ends under, place in 13x9x2-inch baking pan or casserole, cover with leftover sauce. Bake at 350 degrees for 30 minutes or until heated through.

Janet Brough
Belknap Unit (Laconia)

TULA'S GREEK SPINACH PIE
(Spanakopita)

Preparation Time: 30 minutes
Cooking Time: 1 hour

Ease of Preparation: difficult
Yield: 8 to 10 servings

¼ cup olive oil
½ cup onions, chopped
¼ cup scallions, chopped
2 pounds spinach, chopped
¼ cup fresh dill, snipped (or, 2 tablespoons dried dill)
¼ cup parsley, chopped
Salt and pepper to taste
1 pound cottage cheese
⅓ cup milk
5 large eggs, beaten
1 pound feta cheese, crumbled (part of this can be sour cream)
1 cup melted butter mixed with ½ cup olive oil
1 pound filo pastry sheets

Heat the ¼ cup olive oil, add onions and scallions, cook until they are soft but not brown. Stir in spinach (if fresh isn't available, use 4 packages well drained frozen chopped), cover and cook 5 minutes. Add dill, parsley and seasonings, cook for about 10 minutes to dry out; stirring. Transfer the spinach mixture to a deep bowl, stir in the milk. Cool, then add the cheeses and the beaten eggs. Preheat oven to 325 degrees. With a pastry brush, coat the bottom and sides of a large (14''x18'') baking dish with the butter-oil mixture. Line the pan with a sheet of filo, pressing edges into corners. Brush the entire surface with the butter-oil. Layer another filo leaf on top, butter it. Repeat this until 8 or 10 filo leaves are used. Spread half the spinach mixture evenly over the last layer of filo. Then, repeat the layering of the filo and butter-oil brushing for 6 more leaves. Top this with the remainder of the spinach mixture, then remaining filo leaves buttered. A bit of extra butter on top is good. Cut through top layers of filo before baking, to make serving the squares easier. Bake in the middle of the oven for about an hour, until golden brown and flakey. It may be necessary to cover the pita lightly with foil to keep it from becoming too brown. Serve hot or at room temperature.

Lib Andrews
Twin Rivers Unit (Sanbornton)

MEXICAN RICE

Preparation Time: 10 minutes
Cooking Time: 45 minutes

Ease of Preparation: easy
Yield: 4 to 6 servings

1 cup rice
2¼ cups water
1 teaspoon salt
¾ pound Monterey Jack cheese, shredded
2 cups sour cream
2 (4-ounce) cans green chilies
Salt and pepper to taste

Cook rice in salted water until tender. Butter a 1½-quart casserole dish. Layer rice, chilies (cut into strips), cheese and sour cream three times, ending with sour cream. Salt and pepper each layer to taste. (Casserole may be refrigerated at this time until ready to bake.) Bake at 350 degrees for about 40 minutes or until hot and bubbly.

Lib Andrews
Twin Rivers Unit (Sanbornton)

CHILEAN BEANS GRANADOS

Preparation Time: 30 minutes to 1 hour
Cooking Time: 2 hours

Ease of Preparation: average
Yield: 8 servings

2 pounds granados beans (shell beans)
4 tablespoons butter
10 tablespoons finely chopped onion
6 ears corn
¼ pound winter squash
Salt, pepper and hot pepper (green aji) to taste
2 cups soup stock or milk

Gently cook beans until tender. Sauté onions in butter until golden brown. Cut corn from cob and add to onions. Cube squash and add, sautéing until vegetables are slightly tender. Add vegetables to cooked beans. Season to taste. Add stock or milk. Cook over low heat for about 1 hour. Squash will not keep its shape and is used as a flavoring and thickening. *Note: Chileans do not use excessive hot pepper. Meat may be added with the stock. Pieces of chicken or beef used to make stock are often included.*

Avis U. Johnson
Twin Rivers Unit (Sanbornton)

CHAUD FROID
(Ham or Turkey Glaze)

Preparation Time: 20 to 30 minutes
Cooking Time: 10 minutes

Ease of Preparation: difficult
Yield: enough to cover 9 to 12 baked ham or baked turkey breast

2 envelopes unflavored gelatin
⅔ cup chicken or beef stock
2 tablespoons vinegar
2 cups mayonnaise
¼ cup cold water
Garnishes

Measure ½ teaspoon gelatin and set aside. Combine stock and vinegar with remaining gelatin in small saucepan. Place over low heat and stir constantly until gelatin is dissolved. Remove from heat and set aside. When completely cooled, beat mixture into mayonnaise until smooth. Spoon ⅓ mayonnaise mixture over the meat. Chill until set. Coat evenly with ½ remaining mixture; chill until set. When set, spoon remaining mixture over meat to finish coating; chill. Just before ready to decorate, sprinkle reserved ½ teaspoon gelatin over cold water in small saucepan. Place over low heat and stir constantly until gelatin is completely dissolved. Remove from heat and set aside to cool and thicken slightly. Dip garnishes into cooled clear gelatin and set in place on meat. *Note: To change color and flavor a bit, catsup or mayo-based avocado salad dressing in small amounts can be substituted for part of the mayonnaise.*

Judy Burlingame
Twin Rivers Unit (Sanbornton)

CURRIED TUNA SPREAD
(Indian)

Preparation Time: 10 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 4 to 6 servings

1 (8-ounce) package cream cheese, softened
3 tablespoons milk
1 tablespoon sherry
¾ teaspoon curry powder
3 tablespoons chopped chutney
1 (8-ounce) can chunk-style tuna

Blend cream cheese, milk, sherry and curry powder in small bowl until smooth. Fold in chopped chutney and tuna. Refrigerate. Delicious spread for crackers or bread.

Shirley Ludemann
Belknap Unit (Laconia)

HUMMOUS

Preparation Time: 5 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 2 cups

2 cups cooked chick peas
¼ cup liquid drained from peas
¼ cup lemon juice
2 teaspoons crushed garlic
1¼ teaspoons salt
3 tablespoons tahini (sesame seed paste)
2 tablespoons olive oil

Blend all together in blender. Add 2 tablespoons chopped parsley. Serve as an appetizer with Syrian bread.

Cookbook Committee

SOLYANKA
(Russian Beef Stew)

Preparation Time: 10 to 15 minutes
Cooking Time: 1 hour or more

Ease of Preparation: average
Yield: 6 to 8 servings

1 cup chopped onion
1 clove garlic, minced
2 tablespoons butter or margarine
2 to 3 pounds boneless beef, cut into 1" cubes
Salt and pepper
½ cup water
½ cup dry sherry
1 cup half-sour pickles, cut in 1" slices
½ cup tomato paste
2 tablespoons snipped dill or ½ teaspoon dried
1½ teaspoons paprika
½ cup sour cream

Sauté onion and garlic in butter or margarine until golden. Add beef, sprinkled with salt and pepper, brown. Put into a stainless steel or enamel saucepan. Deglaze skillet with water and sherry, add to meat along with tomato paste, pickles, dill and paprika. Cover and simmer for about an hour, or more. Meat should be tender. Add more water if needed during cooking. Before serving, stir in ½ cup sour cream. Heat, but don't boil. Good on boiled rice.

Cookbook Committee

STIFADO
(Greek Stew)

Preparation Time: 10 minutes
Cooking Time: 3 hours

Ease of Preparation: easy
Yield: 6 servings

3 pounds beef, cut in 1½" cubes
Salt and fresh ground pepper
½ cup butter
2½ pounds small onions,
6 ounces tomato paste
⅓ cup red wine
2 tablespoons vinegar
1 tablespoon brown sugar
1 clove garlic, minced
1 bay leaf
1 cinnamon stick, small
½ teaspoon whole cloves
¼ teaspoon ground cumin
2 tablespoons currants or raisins

Season meat with salt and pepper. Melt butter in a Dutch oven, or heavy kettle with a lid. Add meat and coat with butter, but do not brown. Arrange onions over meat. Mix tomato paste, wine, vinegar, sugar and garlic. Pour over meat and onions. Add bay leaf, cinnamon, cloves, cumin and currants or raisins. Cover with an inverted plate, place lid on kettle and simmer 3 hours, or until meat is very tender. Do not stir during cooking.

Sheila Comerford
Twin Rivers Unit (Sanbornton)

PASTERIA

Preparation Time: 25 to 30 minutes
Cooking Time: 1 hour, 35 minutes

Ease of Preparation: average
Yield: 15 servings

2 pounds whole milk ricotta
10 eggs, slightly beaten
½ pound boiled ham, cut up
½ pound Italian hot ham, cut
½ pound peppered ham, cut
¼ pound "sweet" ham, cut (or a combination of hams)
2 teaspoons salt
1 pound thin macaroni (perciatelli #5)

Break the perciatelli in half, cook according to directions, drain and cool. Mix eggs and ricotta cheese, add meat bits, then perciatelli. Put into lightly greased 13x9x2-inch pan. Bake at 350 degrees for 1 hour and 5 minutes, or until well browned on top and bottom. Let cool about ½ hour, cut into squares. Good served hot or cold.

Ann Marie Hemphill
Twin Rivers Unit (Sanbornton)

SHRIMP WITH ONIONS AND TOMATOES
(Chinese)

Preparation Time: 10 minutes
Cooking Time: 5 minutes

Ease of Preparation: easy
Yield: 2 servings

½ pound raw shrimp, cleaned
1½ tablespoons cornstarch
1 egg white
¼ teaspoon salt
3 tomatoes
1 onion
½ teaspoon salt
⅛ teaspoon MSG, optional
5 tablespoons oil
½ cup water
1 tablespoon cornstarch mixed with ½ cup water

Cut each shrimp in two lengthwise, removing vein. Mix next four ingredients, set aside after adding to shrimp. Cut tomatoes into small wedges and onion into ½" pieces. Heat 2½ tablespoons oil, add shrimp mixture and stir fry, stirring constantly, until shrimp become pink—not over 3 minutes. Remove from skillet. Put remaining oil in skillet, add onion and stir fry for about 2 minutes, or until onion is lightly browned. Add tomato to skillet, stir. Add salt, MSG and water, stir, cover skillet and cook for 2 minutes. Add the cornstarch mixed with the water and stir until sauce thickens. Return cooked shrimp to skillet and stir for ½ minute. Serve.

Lib Andrews
Twin Rivers Unit (Sanbornton)

STEAK KEW BROCCOLI
(Chinese)

Preparation Time: 20 minutes
Cooking Time: 15 minutes

Ease of Preparation: average
Yield: Serves 2

8-10 ounces sirloin steak
½ tablespoon cornstarch mixed with 3 tablespoons cold water
1½ teaspoons soy sauce
¼ teaspoon sugar
1½ teaspoons cooking sherry or cooking wine
Small bunch broccoli-flowerettes; cut in small pieces
Dash salt
1 ounce water
3 or 4 tablespoons oil

Slice sirloin steak in 8-10 slices-diced squares. Kew means dice cut. Mix cold water and cornstarch. Set aside. In another bowl, mix soy sauce, sugar and salt. Mix well. In a third bowl, put cooking sherry or wine.

Continued

Pan Fry or Wok: Heat 3-4 tablespoons peanut oil or vegetable oil very hot. Add steak slices and cook on all six sides until medium done. Add cooking sherry or wine, turning for not more than 15 seconds. Add soy sauce and sugar and salt mixture. Remove steak when soy sauce comes to a boil. Set aside. Add cut broccoli and water, cover for 1 minute, turning twice. Then cook an additional 3 minutes covered. Add steak, mix well. With spoons, put steak and broccoli up on all sides of pan, leaving a well in center empty. Pour cornstarch and water mixture in center. When thickened, bring steak and broccoli mixture together and stir well. Serve.

John Szeto, Royal Dragon Restaurant
Sullivan Unit (Claremont)

Garam masala, used in Indian cooking, is any combination of cloves, cardamom, cinnamon, coriander, fennel, cumin, and black pepper, all ground together.

AIOLI (GARLIC SAUCE)

Preparation Time: 5 minutes
Cooking Time: none

Ease of Preparation: easy
Yield: 1½ to 2 cups sauce

1 slice dry white bread, crusts trimmed
4 to 6 cloves garlic, peeled
2 egg yolks
2 to 4 tablespoons lemon juice, to taste
¼ teaspoon salt
White pepper to taste
1 cup olive oil
3 or 4 tablespoons light cream

In blender or food processor, combine bread, garlic, egg yolks, lemon juice, salt and pepper. Blend thoroughly. With motor running, slowly add olive oil in very fine stream. When oil is incorporated, let motor run a few seconds. Add 3 tablespoons cream; if mixture is too thick, add remaining cream. Sauce should be consistency of a thick mayonnaise. Serve over fish, vegetables or pasta.

Nellie Fleischhacker
Twin Rivers Unit (Lochmere)

SCALLION CHICKEN
(Chinese)

Preparation Time: 1 hour, 10 minutes
Cooking Time: 12 minutes

Ease of Preparation: average
Yield: Serves 2

1½ ounces soy sauce
1 tablespoon cooking sherry or cooking wine
½ teaspoon sugar
Dash black pepper
1½ tablespoons peanut oil or vegetable oil
Dash garlic powder
4 drops sesame oil
1 pound boned chicken breast and thigh
2 whole scallions

In large bowl, put soy sauce, sherry or wine, sugar, black pepper, peanut or vegetable oil, garlic powder and sesame oil. Mix well, making sure sugar is well blended. Add chicken whole or cut in pieces and marinate for 1 hour, turning chicken twice. Cut scallions into half inch pieces. Mix scallions with chicken only when ready to cook. Cover bowl and can be refrigerated up to two days before cooking, or cooked immediately after the 1-hour marinade.

Pan Fry or Wok: Put 4 tablespoons peanut or vegetable oil on high heat. When you see steam from oil, it is hot. Drain marinade liquid and save in bowl. Put scallions in first for 15 seconds. Watch time. Remove scallions to small bowl. Add chicken and cook until golden brown on both sides. Pour reserved marinade over chicken and scallions and cook until it comes to a boil. Serve.

John Szeto, Royal Dragon Restaurant
Sullivan Unit (Claremont)

A bay leaf placed in the water in which vegetables are boiled will add a subtle interest.

ALL-PURPOSE CREPE BATTER

Preparation Time: 5 minutes
Cooking Time: 1 hour refrigeration, ½ hour cooking
Ease of Preparation: average
Yield: 30 crepes

3 eggs
¼ teaspoon salt
2 cups all-purpose flour
2 cups milk
¼ cup melted butter or oil

Combine eggs and salt. Gradually add flour alternately with milk, stirring with wire wisk until smooth. Beat in butter or oil and refrigerate batter at least 1 hour. Heat a lightly greased 7-inch skillet or crepe pan until a drop of water sizzles and disappears immediately. Pour in about 2 tablespoons batter and tilt skillet quickly to cover bottom. Cook over medium heat until light brown; turn to cook other side. Repeat until all batter is used. Place on paper towels to cool, then transfer to sheets of wax paper. May freeze, tightly wrapped, or use immediately.

Cookbook Committee

OLD ENGLISH BEEF CREPES

Preparation Time: 10 to 15 minutes
Cooking Time: 15 minutes
Ease of Preparation: easy
Yield: 6 crepes

2 small onions, sliced thin
2 tablespoons butter or margarine
¼ teaspoon seasoned salt
½ pound cooked roast beef, thinly sliced
5 or 6 cooked crepes
1 cup sour cream
1 tablespoon horseradish
¼ teaspoon salt
Dash of paprika

Sauté onions in butter in skillet; sprinkle with seasoned salt. Stir in roast beef. Use to stuff crepes. Mix remaining ingredients together in small bowl and pour over crepes in baking dish; cover. Heat at 350 degrees for 15 to 20 minutes.

Cookbook Committee

TURKEY CREPES FLORENTINE

Preparation Time: 10 to 15 minutes
Cooking Time: 15 to 20 minutes
Ease of Preparation: easy
Yield: 6 crepes

1 cup cooked turkey, chopped
½ cup cooked chopped spinach, well-drained
¼ cup cracker crumbs
¼ cup grated Parmesan cheese
1 tablespoon instant minced onion
1 (10½-ounce) can cream of chicken soup
6 crepes
½ cup milk
¼ cup slivered almonds

Mix turkey, spinach, cracker crumbs, cheese, onion, and half the soup. Fill cooked crepes with this mixture; roll up. Arrange crepes folded edge down in shallow baking dish. Combine remaining soup with milk. Pour over filled crepes. Sprinkle with almonds. Heat at 350 degrees for 15 to 20 minutes.

Gail Engle
Belknap Unit (Gilford)

WHOLE CRANBERRY SAUCE

Preparation Time: 20 minutes
Cooking Time: 1 hour
Ease of Preparation: easy
Yield: 12 servings

1 quart cranberries
2 cups maple syrup

Clean and wash cranberries. Bring syrup to a boil in a covered 2-quart saucepan. Pour in cranberries; cover. When cranberries "pop" their skins, turn off heat. Leave cranberries in saucepan until cool. Pour cooked cranberry sauce into a bowl and keep stored in refrigerator.
Note: Cranberries will not be tart or acid.

Mrs. Alyce T. Holbrook
Belknap Unit (Laconia)

OLD TAVERN CREPES

Preparation Time: 15 to 20 minutes
Cooking Time: 10 minutes

Ease of Preparation: easy
Yield: 10 crepes

3 tablespoons butter
1 small onion, finely chopped
1 cup sliced mushrooms
¾ cup beer
¼ cup light cream
½ cup cooked ham, in thin strips
1 tablespoon cornstarch
2 tablespoons cold water
½ teaspoon salt
⅛ teaspoon pepper
1 cup shredded Swiss cheese
8 or 10 crepes
1 cup shredded Swiss cheese

In skillet, melt butter; add onion and mushrooms. Cook over medium heat several minutes. Stir in beer, then cream and ham. Simmer 2 or 3 minutes. Dissolve cornstarch in 2 tablespoons cold water. Add to mushroom mixture. Season with salt and pepper. Cook on low heat until mixture thickens. Stir in 1 cup grated cheese. Fill cooked crepes; fold over. Place in shallow baking pan. Sprinkle with remaining cup of cheese. Broil until cheese melts.

Cookbook Committee

WELSH RAREBIT

Preparation Time: 20 minutes
Cooking Time: 15 minutes

Ease of Preparation: easy
Yield: 6 to 8 servings

4 tablespoons margarine
2 tablespoons flour
2 tablespoons dry mustard
½ teaspoon salt
2 cups milk
2 cups shredded sharp Cheddar cheese
2 eggs, well-beaten

In top of double boiler, over hot water, melt margarine; add flour, salt and mustard and stir until smooth. Stir in milk and heat; stir in cheese and eggs very gradually and cook until mixture thickens and is smooth. Serve over toast points or saltine crackers.

Beverley Lewis
Merrimack Unit (Bow)

TOMATO RELISH

Preparation Time: 1 to 2 hours
Cooking Time: 30 minutes

Ease of Preparation: average
Yield: 5 quarts

2 quarts green tomatoes
2 quarts ripe tomatoes
1 small head cabbage
1 bunch celery
2 sweet green peppers, seeded
2 sweet red peppers, seeded
10 small onions
6 tablespoons salt
2 cups vinegar
4 cups firmly packed light brown sugar
2 teaspoons mustard seed
¼ teaspoon celery seed

Grind tomatoes, cabbage, celery, peppers and onions together in food processor or grinder. Mix in salt and let stand overnight. In the morning drain well. Make a syrup using vinegar, sugar, celery seed and mustard seed; add to tomato mixture. Cook slowly in heavy saucepan for about 30 minutes. Ladle into hot, sterilized jars and seal immediately. More vinegar and sugar may be added according to taste. *Note: excellent with hot dogs!*

Mrs. Myla K. Morse
Twin Rivers Unit (West Franklin)

RALPH'S BARBECUE SAUCE

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ease of Preparation: easy
Yield: 2½ cups

1 cup catsup
1 cup water
2 tablespoons brown sugar
1 teaspoon salt
1 teaspoon chili powder
1 teaspoon celery seed
1 tablespoon Worcestershire sauce
¼ cup white vinegar
2 drops hot pepper sauce

Combine all ingredients in saucepan; bring to a boil over medium heat. Simmer for 30 minutes. Use for basting chicken, chops or ribs. Store in covered jar in refrigerator.

Nancy Greenlaw
Southeastern Unit (Hampton)

CHRISTMAS FARM INN WASSAIL BOWL

Preparation Time: 30 minutes
Cooking Time: 15 minutes
Ease of Preparation: easy
Yield: 18 (4-ounce) servings

3 whole oranges
Whole cloves
Water

Heat oven to 325 degrees. Stud whole oranges with whole cloves, about ½-inch apart. Place in baking dish with a little water (enough to cover bottom of dish) and bake for 30 minutes. These will be used to float on top of the wassail in punch bowl.

Wassail:

6 cups apple cider
1 cinnamon stick
¼ teaspoon nutmeg
¼ cup honey
3 tablespoons fresh lemon juice
1 teaspoon freshly grated lemon rind
1 (18-ounce) can unsweetened pineapple juice (2½ cups)
1 cup vodka, optional
2 tablespoons brandy, optional

Heat cider and cinnamon stick in large pan. Bring to a boil and simmer, covered, for 5 minutes. Add remaining ingredients and simmer, uncovered, for 5 minutes. Remove from heat. Stir in vodka and brandy, if desired. Serve immediately from punch bowl, using oranges to float on top for decoration. May add a cinnamon stick to each punch cup for a stirrer.

Christmas Farm Inn
Sydna L. Zeiff
Carroll North Unit (Jackson)

SHRIMP DIP

Preparation Time: 10 minutes
Cooking Time: none
Ease of Preparation: easy
Yield: 8 or 10 servings

2 (7-ounce) cans tiny shrimp
1 cup mayonnaise
1 teaspoon grated onion
1 teaspoon curry powder
Lemon juice to taste

Rinse shrimp very well under cold water and drain in colander. Mix remaining ingredients and stir in shrimp. Serve with ribbed potato chips.

Norma Faccone
Kearsarge Lake Sunapee Unit (New London)

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1. LUNG: Don't smoke cigarettes.

2. SKIN: Avoid overexposure to sun.

3. BREAST: Monthly self-examination is important.

4. MOUTH: See your dentist regularly.

5. UTERUS: Pap test once a year.

6. COLON-RECTUM: Have a procto regularly.

7. BODY: Have regular health checkups.

AMERICAN CANCER SOCIETY

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